CRIME STOPPERS

THURSTON COUNTY AREA

A Community Cookbook

THURSTON COUNTY AREA CRIME STOPPERS

PROGRAM STATISTICS THROUGH 1994

Total Cases Solved	**189**
Number of Arrests	**189**
Recovered Stolen Property	**$756,927**
Recovered Narcotics	**$715,750**
Number of Rewards Paid	**130**
Amount of Rewards Paid	**$ 24,370**

See or know of a crime?

CALL 493-2222

YOU NEVER HAVE TO LEAVE

YOUR NAME!!

BE A PARTNER IN STOPPING CRIME!

Clip and mail to Crime Stoppers
P. O. Box B
Lacey, WA 98503

Yes, I want to help Thurston County Area Crime Stoppers.

NAME:_____

ADDRESS:_____

_____

[ ] I would like to volunteer assistance. You may call me at _____

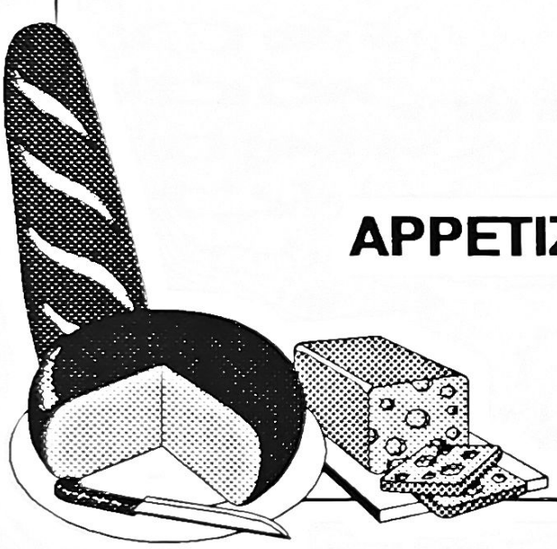
[ ] You may use my name as a ***THURSTON COUNTY AREA CRIME STOPPERS PARTNER.*** Enclosed please find $ _____

Please make your checks payable to:

Thurston County Area Crime Stoppers

Contributions may be tax deductible - ask your accountant.

We are a 501(c)3 charitable organization.



APPETIZERS

OUTRAGEOUS DIP

BY: Earlyse Swift, Deputy Mayor
City of Lacey

Mix together:

8 oz. pkg. softened cream cheese
1 can bean dip

Add:

20 drops Tabasco sauce
1 envelope taco seasoning
1/2 cup green onions, sliced
8 oz. sour cream

Mix well and put half of mixture in bottom of dish. Sprinkle with grated jack and cheddar cheese. Add another layer of mix and another layer of cheese.

Bake at 350° for 20 minutes.

CHILI DIP

BY: Lt. Dusty Pierpoint
Lacey Police Dept.
Assistant Coordinator, Crime Stoppers

1 8-oz. pkg. cream cheese
1 can chili without beans
1 small can diced green chilies
1 cup grated cheddar cheese
Corn chips for dipping

Heat cream cheese in bowl for 1 minute in microwave. Add chili, cheese and chilies and mix. Heat for 2 minutes.

Stir well and serve with chips.

You may add chili powder to taste if you like it HOT.

MEXICAN CAVIAR

BY: Shelby Wilson, Advisory Board Member
Crime Stoppers

1 small can mushroom stems and pieces, drained
1 small can chopped green chilies
1 small can chopped black olives
2 tomatoes, chopped
2 to 3 green onions, chopped
1 T. vinegar
3 T. olive oil
1 tsp. garlic salt

Mix together and chill.

Serve with tortilla chips.

APPLE CARAMEL DIP

BY: Bob Marshall, Board Member
Crime Stoppers Board of Directors

8 oz. light cream cheese
3/4 cup brown sugar
1-1/2 tsp. vanilla
17-oz. bottle butterscotch caramel fudge (I use Mrs. Richardsons)
3/4 cup chopped pecans (optional)
10 Granny Smith apples, sliced and tossed in apple juice

Combine cream cheese, brown sugar and vanilla. Spread in pie plate. Spread butterscotch on top, sprinkle with nuts and refrigerate. Serve with apples.

SPICY BEEF DIP

BY: Gloria Grant, Chair
Crime Stoppers Board of Directors

2 lbs. ground beef
2 lbs. spice sausage
2 lbs. processed cheese (like Velveeta)
1 8 oz. can Ortega chili peppers
1 large onion, chopped fine
2 large fresh tomatoes

Fry beef and sausage until done. Drain in colander and put in double boiler. Add cheese, peppers, onions and tomatoes. Cook until cheese is melted and mixed. Serve hot in serving dish.

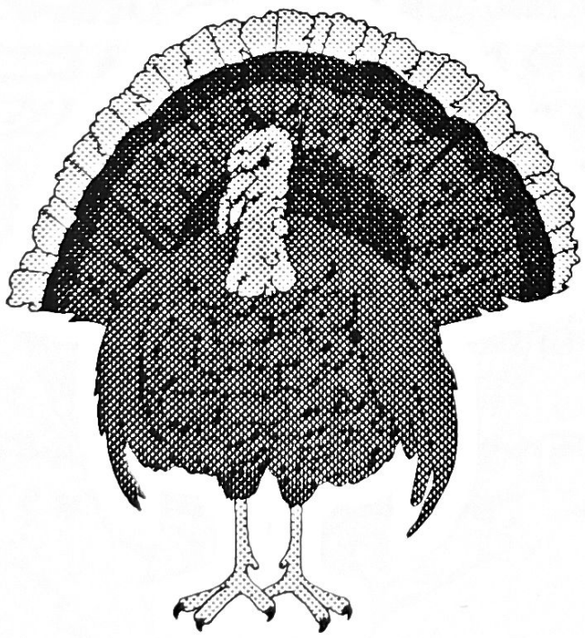
Use vegetables or crackers for dipping. Good on toast. Can be frozen.

CHEESE BALL

BY: Joan Boone, Legal Assistant
Lacey City Attorney's Office

2 8-oz. pkgs. cream cheese
2 jars Old English Kraft Cheese Spread
1 jar Roka Draft Cheese
Dash garlic salt
3 T. wine vinegar
Chopped nuts

Soften cheese at room temperature. Mix and harden in refrigerator. Form into ball and roll in chopped nuts.



MISSISSIPPI SIN

BY: Diane Paget, Centennial Bank

2 cups shredded cheddar cheese
1 8-oz. pkg. cream cheese, softened
1-1/2 cups sour cream
1/2 cup chopped ham or dried beef
1/3 cup chopped green chilies
1/3 cup chopped green onion
1/8 tsp. worcestershire sauce
1 round loaf French bread

Combine first 7 ingredients in medium bowl. Stir well.

Cut thin slice from top of bread. Hollow out loaf, leaving 1/2-inch shell, to but not through the bottom of the loaf. Lift out center and cut into 1" cubes. (Use another loaf for more cubes).

Fill loaf with dip. Cover with top. Wrap in foil. Bake at 350° for one hour.

Use cubes to dip into sauce.

SHRIMP MOUSSE

BY: Gloria Grant, Chair
Crime Stoppers Board of Directors

1 can tomato soup
8 oz. pkg. cream cheese
2 small cans shrimp, drained
1-1/2 pkg. unflavored gelatin, dissolved in 1/2 cup cold water
1 cup mayonnaise
3/4 cup celery, chopped
1/2 cup onion, chopped
Salt and pepper to taste

Heat soup to boiling. Add cheese and stir until melted. Add gelatin to soup and cool. Add everything else but the shrimp. Cool in refrigerator.

Grease 1 qt. mold with salad oil. Put 1/3 mixture in mold. Cover with 1/2 shrimp, flaked, and then add 1/3 mixture, shrimp and last part of mixture.

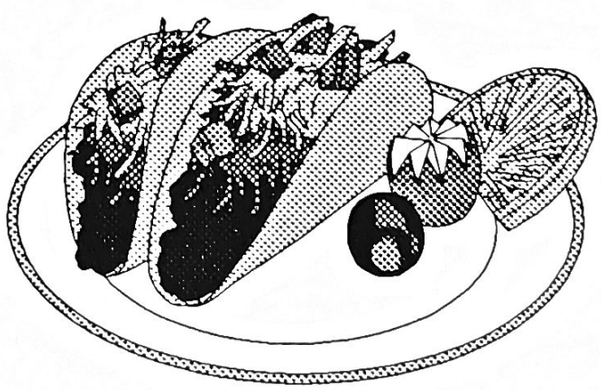
Refrigerate overnight. When ready to serve, turn mold onto serving plate and place crackers around mousse.

TORTILLA ROLL-UPS

BY: Dawn McCabe, Centennial Bank

1 8-oz. cream cheese
1 small container sour cream
1 4-oz. can diced green chilies
1 small onion
1/8 tsp. garlic
Salt and pepper to taste
Large flour tortillas

Mix together and spread over 3 to 4 large flour tortillas. Roll up tight and wrap in plastic wrap. Refrigerate, slice and serve.



SPINACH DIP

BY: John McCarthy, Co-founder
Thurston County Area Crime Stoppers

1 cup mayonnaise
1 cup sour cream
1/2 cup chopped onion
1 can chopped water chestnuts
1 pkg. Knorr vegetable soup mix
1 8-oz. pkg. frozen chopped spinach
1 loaf round bread

Slice off top from bread and hollow out.

Thaw and drain spinach. Mix with other ingredients. Pour into hollowed out bread and serve with bread or crackers.

You may also wish to add a small can of shrimp or crab.

HOT CHIPPED BEEF DIP

BY: John McCarthy, Co-founder
Thurston County Area Crime Stoppers

1 jar (2-1/2 oz.) chipped beef, cut in small pieces
8-oz. cream cheese
1/2 cup sour cream
1/4 cup green pepper, chopped
2 T. onion flakes
1/2 cup chopped pecans (toasted in butter)
1/4 tsp. pepper
1/2 tsp. garlic salt
2 T. milk

Mix all together. Place in chafing dish. Heat and serve with crackers.

SMOKED SALMON CHEESE BALLS

BY: Linda Peters, Centennial Bank

8 oz. pkg. cream cheese at room temperature
1 cup shredded sharp cheddar cheese
1/2 to 1 cup finely chopped smoked salmon
1 tsp. worcestershire sauce
1/4 cup minced onion
2 T. dried parsley

Thoroughly mix cream cheese, cheddar cheese, smoked salmon, worcestershire sauce and onion. Shape into ball and roll in parsley. Serve with favorite crackers.

SALMON MOLD

BY: Janette Ost, Management Analyst
Fort Lewis

1 15-1/2 oz can salmon
1/2 tsp. dill weed
2 envelopes unflavored gelatin
1/4 tsp. pepper
2 cups mayonnaise
1/2 cup green olives w/pimento (finely chopped)
1/2 cup chili sauce
2 T. lemon juice
1/4 cup finely chopped onion
1 T. Worcestershire sauce
4 hard boiled eggs (finely chopped)
1 6-1/2 oz can tuna

Drain salmon and reserve liquid. Add water to liquid to total 1/2 cup. Bone and finely flake salmon, set aside.

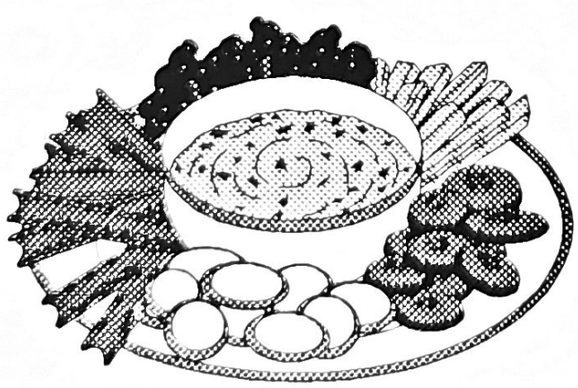
In heat-proof measuring cup, combine gelatin and liquid. Place cup in saucepan of water, heat, and stir to dissolve. Transfer gelatin to a mixing bowl. Gradually blend in mayonnaise. Stir in chili sauce, lemon juice, Worcestershire sauce, dill weed and pepper. Fold in remaining ingredients. Pour into mold. Chill until firm. Serve with crackers or party rye bread.

CLAM DIP

BY: Karen Reynolds, Centennial Bank
Board Member, Crime Stoppers

1 loaf shepherds bread
16 oz. cream cheese
3 6-1/2 oz. minced or chopped clams (save 1 can of juice)
6 to 8 drops tabasco sauce
2 T. Worchestershire sauce
2 T. lemon juice
2 T. grated onion

Mix all and warm in double boiler. Cut top off bread for opening and hollow out, saving bread for dipping. Put clam mix inside and replace top. Wrap in foil and bake at 225° for 3 hours.

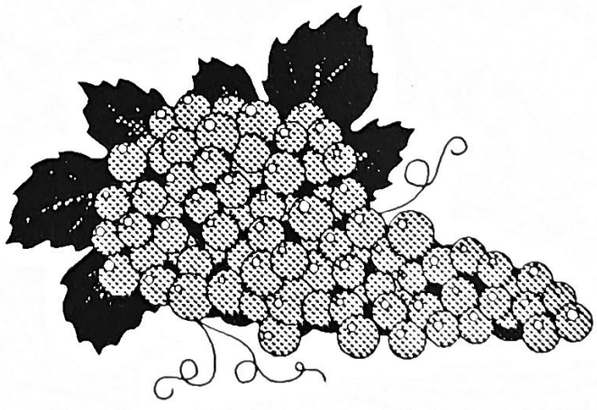


CHEESE LOG

BY: Nancy Thompson
Office of the Attorney General

1 8-oz. pkg. cream cheese
1 cup grated sharp cheese
1 4-oz. can deviled ham
1/2 cup chopped ripe olives
Chopped nuts

Soften cheese. Blend well with cheddar. Add ham and blend, then add olives. Chill mixture until it can be formed into logs. Roll in chopped pecans, almonds or other nuts. Makes 2 cheese logs. These freeze well. Serve with assortment of crackers.

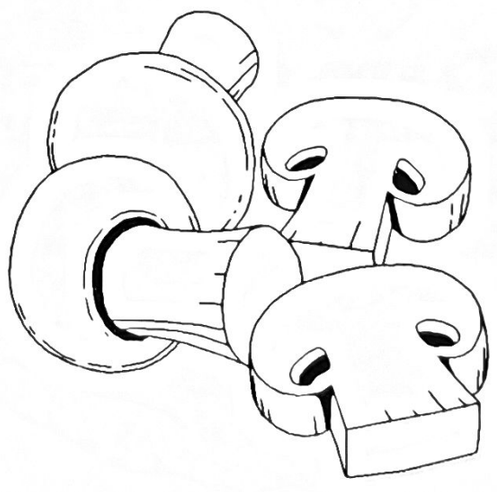


STUFFED MUSHROOMS

BY: Jan Ost, Management Analyst
Fort Lewis

10 to 12 large mushrooms
1 can broken shrimp
1 tsp. Worcestershire sauce
1 tsp. lemon juice
1 tsp garlic powder
1/4 cup finely chopped onion
1/2 cup mayonnaise
1/2 cup melted butter
1/2 cup finely chopped bread crumbs

Wash and remove stems from mushrooms. Mix shrimp, Worcestershire sauce, lemon juice, garlic powder and mayonnaise together. Dip mushroom in butter. Fill with mix. Place on cookie sheet. Sprinkle crumbs over all. Bake for 15 minutes at 325°.



HAWAIIAN SPINACH DIP

BY: Gary Windust, Engineer for City of Lacey

1 pkg. Knorr's Vegetable Soup Mix
1 cup mayonnaise
1 12 oz. tub of soft cream cheese
1/2 cup chopped onion
1 pkg. frozen chopped spinach (thaw and squeeze out excess water)
1 small can of sliced water chestnuts, finely chopped
1 loaf King's Hawaiian Bread
1/2 tsp. lemon juice
1 clove garlic, crushed (about 1/2 tsp.)

Mix above ingredients except the bread. Chill for 2 to 3 hours before serving.

To serve, cut out center of bread loaf in the shape of a bowl. Cut remaining bread into 1-inch squares. Fill bowl shaped bread with dip mixture and dip with bread squares. The bread adds a surprisingly sweet taste to this dish.

TORTILLA ROLL-UPS

BY: Jan Ost, Management Analyst
Fort Lewis

1 pkg. large flour tortillas
1 to 1-1/2 8-oz. pkgs. cream cheese, room temperature
1 lb. thinly sliced meat (roast beef, turkey or ham)
Bean sprouts
Sliced cheese (American, Swiss or your favorite)

Spread thin layer of cream cheese on tortilla. Add 1 layer sliced meat. Cover with cheese and sprouts. Roll up. Refrigerate and then cut in 1" sections. Secure with toothpicks.

CREAMY ARTICHOKE DIP

BY: Carmen Coleman, Legal Assistant
Lacey City Attorney's Office

Large can artichoke hearts in water
1-1/2 cup grated monterey jack cheese
3/4 cup grated Parmesan cheese
Large can sliced or chopped green chilis
1 cup mayonnaise

Chop artichoke hearts into bite size chunks and mix together with 1/2 cup grated Parmesan and all other ingredients.

Transfer to pie plate and sprinkle with remaining Parmesan.

Bake at 325° for 30 minutes.

Serve hot with big dipper corn chips.

Yum, yum!!

SEAFOOD APPETIZER

BY: Paul Nagel, Admin Assistant
Lacey Police Department

8 oz. pkg. soft cream cheese
1/2 cup sour cream
1/4 cup mayonnaise
1 12-oz. jar cocktail sauce
1 can crab flakes, drained
1 can medium shrimp, drained
2 cups shredded mozzarella cheese
3 green onions, chopped
1 medium tomato, chopped

Mix cream cheese, sour cream and mayonnaise. Spread evenly on a platter. Layer crab and shrimp. Pour cocktail sauce on top and layer with the remaining ingredients. Refrigerate.

Serve with crackers.

SHRIMP OR CRAB DIP

BY: Gary Windust, Engineer for City of Lacey

2 each 12 oz. tubs of soft cream cheese
1/2 to 3/4 lbs. shrimp or crab
1 T. worcestershire sauce
1 bunch of chopped green onions
One bottle seafood sauce

Mix above ingredients and spread in shallow 10"x6"x1-1/2" baking dish. Chill at least 3 hours.

Before serving, cover with seafood sauce and garnish with fresh parsley.

Makes a great cracker dip and goes well with Sunday football!

CHEESE BALL

BY: Helen Meskel, Centennial Bank

2 8-oz. pkg. cream cheese
2 T. dry Hidden Valley Ranch mix
2 T. finely chopped onions
2 T. finely chopped celery

Mix all ingredients and refrigerate. Form mixture into ball and roll in 1 cup finely chopped walnuts.

Refrigerate and serve with crackers or celery.

SMOKED SALMON SPREAD

BY: Renee Buell, South Bay Press
Crime Stoppers Board of Directors

1 lb. cream cheese
1/4 cup fresh parsley, finely chopped
2 T. onion, finely minced
1 clove garlic, finely minced
1/8 tsp. bottled hot pepper sauce
2 tsp. capers, chopped
1 lb. smoked salmon, finely minced

Combine all ingredients well. Pack into crocks or jars and chill at least 4 hours to allow flavors to blend. Must be kept refrigerated.

Note: You may substitute regular canned salmon (well-drained) and 1 tsp. liquid smoke for the smoked salmon.

Serve with crackers.

Makes about 4 cups.

CHEESE "COOKIES"

BY: Suzanne Rowe, Circulation Assistant
Tumwater Library

1/2 cup butter, softened
1/2 lb. sharp cheddar cheese, grated
1 cup flour
1/2 tsp. salt
1 pkg. dry onion soup mix, crushed

Mix all ingredients together well. Shape into logs 1-inch in diameter. Wrap in plastic wrap and chill. Cut into slices about 1/2-inch thick. Place on cookie sheet and bake at 375° until brown.

AVOCADO CRAB DIP

BY: Florence Lindsey, Community Volunteer
Monterey, California

1 large avocado,seeded, peeled and cubed
1 T. lemon juice
1 T. grated onion
1 tsp. Worcestershire
1 8-oz. pkg. cream cheese, softened
1/4 cup dairy sour cream
1/4 tsp. msg (optional)
1/4 tsp. salt
1 7-1/2 oz. can crab meat, drained and flaked

In blender, container or small mixer bowl, combine avocado, lemon juice, onion and Worcestershire. Blend or beat until smooth. Add cream cheese, sour cream, msg and salt. Blend well. Stir in crab meat. Chill.

Serve with assorted crackers.

TACO DIP

BY: Renee Buell, South Bay Press
Crime Stoppers Board of Directors

Layer 1:
1 small can refried beans
1 pkg. taco seasoning
1 cup sour cream
Hot sauce to taste

Layer 2:
2 ripe mashed avocados, mixed with
2 T. lemon juice and
1 cup sour cream

Layer 3:
1 small can chopped olives
2 bunches chopped green onions
2 diced tomatoes

Layer 4:
Grated sharp cheddar cheese

Place in oven until warm and cheese is melted.

BACON WRAPPED WATER CHESTNUTS

BY: Janet and Gene Dolan, Board Member
Crime Stoppers Board of Directors

Marinate water chestnuts overnight in soy sauce. Drain well.

Roll in sugar (brown or white). Wrap in bacon.

Bake at 350° for 1/2 to 1 hour on a wire rack.

ARTICHOKE DIP

BY: Renee Buell, South Bay Press
Crime Stoppers Board of Directors

1 can artichoke hearts in water (chopped)
1 cup mayonnaise
1 cup grated Parmesan cheese
1 can shrimp or crab or tuna, etc.
Garlic powder

Mix together and bake at 350° for 20 minutes.

HOT STUFFED AVOCADO

BY: Ferrell Gilson, Member
Crime Stoppers Board of Directors

3 or 4 small avocadoes, peeled
6 to 8 T. vinegar or lemon juice
2 T. butter
1 cup chopped or grated onion
1/2 cup celery, chopped fine
2 cups cooked crab, shrimp, chicken or lobster
6 to 8 cloves garlic
extra lemon juice
1 cup light cream
2 T. flour
Salt and pepper
1/2 cup sharp cheddar

Roll avocado in lemon juice. Cut avocadoes in half, remove pits and place 1 T. vinegar and garlic in each. Let sit for 30 minutes. Melt butter, flour and add cream and cook. Add onion, celery, salt, pepper and meat. Pour out vinegar mixture and fill with meat. Sprinkle grated cheese on top. Place in a baking dish and set in pan containing water. Bake at 350° for 15 minutes.

Serves six.

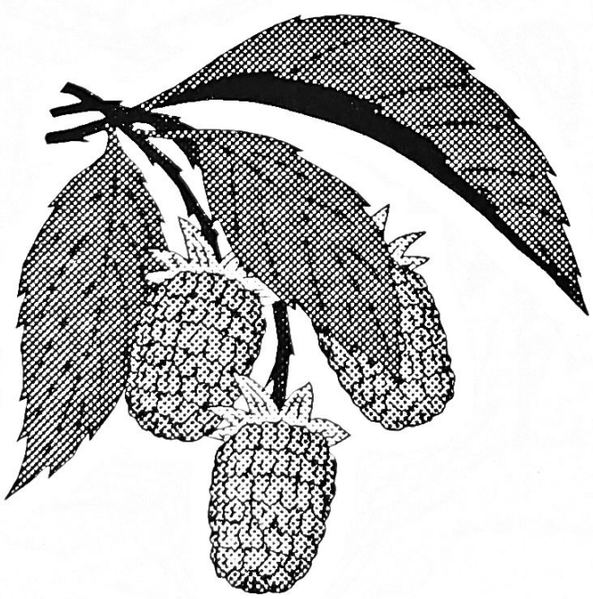
FRUIT SMOOTHIE

BY: Gloria Grant, Chair
Crime Stoppers Board of Directors

1 cup ice cubes
1 or 2 overripe bananas
1 cup strawberries or peaches
1 cup plain low-fat yogurt

In blender, combine all ingredients. Cover and blend untnil smooth. Serve immediately.

Makes 3 servings, about 105 calories each.



BELLINIS

BY: Marcia Duncan, Centennial Bank

2 cups sliced peaches, fresh or thawed frozen
2/3 cups peach or apricot nectar
2-1/2 cups champagne

Blend peaches and nectar in blender. Process until smooth. Spoon 2/3 cup peach mixture into each of four stemmed glasses. Add 2/3 cup champagne to each glass.

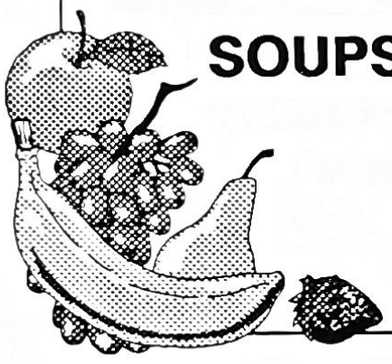
Serves four.

PARTY PUNCH (NO ALCOHOL)

BY: Diane Schuder, Lacey Police Dept.
Crime Stoppers Recording Secretary

4 cups apple juice
2 cups cranberry juice
2 cups orange juice
1/4 cup lemon juice
2 tsp. vanilla
1/4 cup sugar
2 cups ginger ale

Combine all but the ginger ale. Stir until sugar is dissolved. Chill. Pour into punch bowl, add ginger ale and stir gently.



SOUPS & SALADS

ED'S SALAD

BY: Charlotte Taylor, City Clerk
City of Lacey

Given to me by Ed Kaech, Assistant Director of Public Works, Pacific County.

1 8-oz. pkg. cream cheese, rolled into tiny balls
1 can of cashews
1/2 lb. bacon, fried crisp, drained and cut into pieces
2 heads lettuce, leaf and head or spinach

Layer lettuce, nuts, cheeseballs and bacon in large bowl.

Dressing:

1 cup oil
1/3 cup vinegar
1/3 cup sugar
1 T. celery seed
1 tsp. dry mustard
2 T. grated onion

Combine in a jar. Shake to mix. Dribble over salad. Do not mix.

OYSTER SOUP

BY: Suzette Sims, Tips Coordinator
Crime Stoppers

8-10 small red potatoes
4 cups milk
1/2 cup chopped onion
2 stalks celery, chopped
1/4 tsp. nutmeg
1 T. dried parsley
1/2 bay leaf
1 pint oysters and their juice
3 T. butter
3 T. flour
Salt and pepper to taste

Wash, quarter and boil red potatoes until tender. In 3-quart saucepan, mix milk, onion, celery, nutmeg, parsley and bay leaf together with any oyster juice. Simmer for 15 minutes. Add oysters and simmer for 10 minutes more. Melt the butter in a small pan. Stir in the flour and cook, stirring for 3 minutes. Slowly add about 2 cups of the milk mixture to the butter and flour mix and cook until smooth, stirring constantly. Stir the thickened mixture into the remaining milk and oyster soup. Drain the cooked red potatoes and add to soup. Add salt and pepper to taste. Stir until smooth. Serve hot.

WANDA JAMES' TORTELLINI VEGETABLE SOUP

BY: Nancy Thompson
Office of the Attorney General

1 large onion, coarsely chopped
2 cloves garlic, minced
1 T. olive oil
3 (14.5 oz.) cans beef broth
1 (14.5-16 oz.) can stewed tomatoes
1 cup chile salsa or picante sauce
1 tsp. basil leaves
7 oz. cheese tortellini
1 diced green pepper (optional)

Cook onion and garlic in oil until tender. Add broth, tomatoes, salsa and basil. Bring to boil. Add uncooked tortellini and cook 20 to 25 minutes (for dry - or as directed on fresh package) until tender. Add chopped pepper if used for last five minutes.

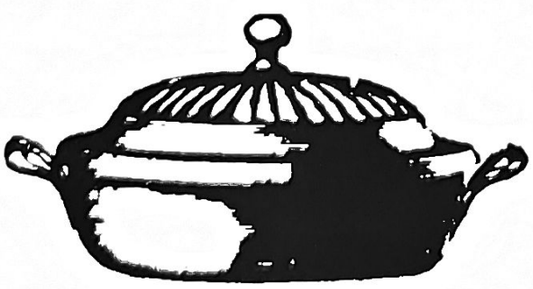
Serve with grated parmesan cheese, garlic bread and salad.

ZESTY VEGETABLE SOUP

BY: Judy Kephart, Centennial Bank

1 lb. lean ground beef
1/2 cup onion, chopped
2 cans Italian stewed tomatoes
2 cans beef broth (28 oz.)
1 can mixed vegetables (18 oz.)
1/2 cup egg noodles, uncooked (or 1 cup elbow macaroni)
1/2 tsp. oregano

In large pot, brown meat with onion. Cook until onion is tender. Drain. Salt and pepper to taste. Stir in remaining ingredients. Bring to a boil. Reduce heat, cover and simmer for 15 minutes or until noodles are tender.



TORTILLA SOUP
(SOPA AZTECA)

BY: Representative Sandra Romero
Washington State Legislature

1/2 cup chopped onion
1 clove minced garlic
1 T. butter or margarine
3-1/2 cups water
1 (14-1/2 oz.) can tomatoes (cut up)
1 can green chilies (drained and cut into thin strips)
1/4 cup chopped cilantro
6 corn tortillas
Oil for frying
1 cup feta cheese
2 green onions

In a 3-quart saucepan, cook onions and garlic in butter until tender, not brown. Stir in tomatoes, water, chili peppers and cilantro. Bring to boil and then reduce heat to simmer for 20 minutes.

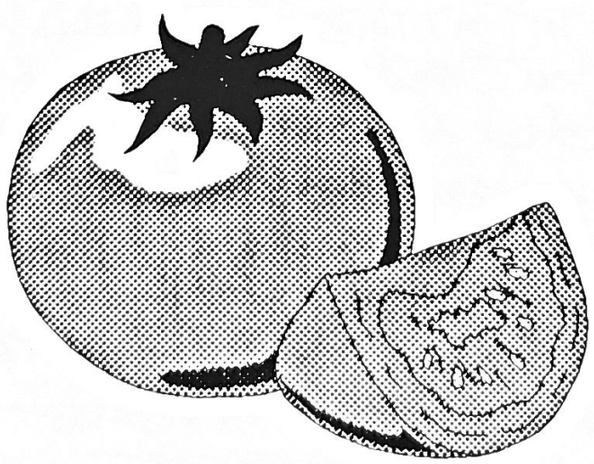
Meanwhile, cut tortillas in half crosswise into 1/2 inch strips. In a heavy skillet, heat a 1/2 inch of oil. Fry strips about 1/2 at a time for 40 seconds. Drain on paper towels.

Tortilla Soup (continued)

To build soup:

Divide fried tortilla strips among the bowls. Place on bottom. Put 1/2 cup cheese on this, divided among the bowls. Finally, divide the green onion and then lade the soup into the bowls.

I've seen this soup served with cut avocado, extra onion, chilies and cilantro on the side. This allows diners to choose for taste.



CREAM OF BROCCOLI SOUP

BY: Jim Theiss, Retired Teacher, Olympia

Several bunches of broccoli (cauliflower or spinach)
6 T. butter or margarine
1 c. chopped onion
4 medium potatoes, peeled
2 c. chicken stock (I use 2 reg. cans Swanson chicken broth)
2 c. water
Salt and freshly ground pepper
1 c. heavy cream (for low fat, use 1% milk)

Rinse vegetables and cut into cooking size pieces. Heat 4 T. of the butter in large saucepan and cook onion until wilted. Add vegetables, stock, water and cook until broccoli is done to your taste. (All of this will be pureed, so if you like some chunky stuff in your soup, remove and hold out 1 cup of the cooked broccoli, or enough to add interest, cut up to reasonable size).

Puree vegetables and liquid in blender.

Return to pan, add any chunks of vegetables you may have held out, salt and pepper, and stir in cream or milk. Bring to slight boil, stirring. Remove from heat and swirl in remaining butter. Serve immediately.

TACO SOUP

BY: Diane Paget, Centennial Bank

1 lb. ground beef
1/2 onion, chopped

Brown together and drain well.

2-1/2 cups stewed tomatoes, run through food processor
or
blender until "smooshed"
2 16-oz. cans chili beans (Mexican style) or kidney beans
1 15-oz. can tomato sauce
1 envelope taco seasoning mix
3 cups water

Combine beef and onions with other ingredients. Simmer at least 30 minutes. Serve in large bowls and top with:

Grated cheddar cheese
Corn chips
Green onions, chopped
Sliced olives
Avocado, chopped, or guacamole
Sour cream

CHICKEN SALAD WITH LEMON, RAISINS, CROUTONS

BY: Jim Theiss, Retired Teacher, Olympia

1 lb. boneless, skinless chicken breasts
2 stalks celery, minced
1/3 cup golden raisins
Finely grated peel of 1 lemon
6 romaine leaves
6 radicchio leaves or red leaf lettuce
1 to 2 tsp lemon juice from real lemon
1 tsp olive oil

Place chicken in pan and cover with water. Bring just to a boil. Cover and reduce heat to medium low. Cook 10 minutes or until chicken is cooked through. Remove from liquid and cool. Cut into small chunks.

Combine chicken chunks with celery, raisins and lemon peel.

Chicken Salad (continued)

Dressing:

1/2 cup plain non-fat yogurt
1/3 cup light mayonnaise
1 to 2 T. lemon juice from real lemon
2 tsp. Dijon mustard
2 tsp. honey
1 tsp. minced fresh rosemary leaves
1/8 to 1/4 tsp. salt.
Freshly ground black pepper to taste

Stir together the yogurt, mayo, lemon juice, mustard, honey, rosemary, salt and pepper. Stir into the salad, cover and refrigerate until ready to serve.

Wash the romaine and radicchio and pat dry. Stir together 2 tsps. lemon juice and 1 tsp. olive oil. Tear the lettuce into small pieces and toss with the lemon/oil mixture. Divide between plates and top with chicken salad. Garnish with croutons.

SPAGHETTI SALAD

BY: Gloria Grant, Chair
Crime Stoppers Board of Directors

16 oz. vermicelli, broken and cooked. Rinse in warm water and squeeze out moisture.

While warm, add:

Italian dressing (I use Bernstein's Cheese Fantastico liberally - spaghetti will absorb)
3 T. Schilling Salad Supreme/Elegance
1 cucumber, diced
4 to 6 green onions, sliced
2 tomatoes, chopped

Mix well and chill 2 to 4 hours before serving.

VEGETABLE BACON SALAD

BY: Diane Paget, Centennial Bank

1 lb. bacon, fried crisp, broken in bite-size pieces
1 head cauliflower, cut in bite-size pieces
1 bunch broccoli, cut in bite-size pieces
5 to 10 oz. frozen peas, thawed
1 can Durkee Fried Onions

Dressing:

1 cup sour cream
1 cup mayonnaise
1 tsp. garlic powder

Mix dressing and toss with vegetables and bacon. Refrigerate overnight (or all day). Before serving, top with canned onions.

FRESH FRUIT BOWL

BY: Renee Buell, South Bay Press
Crime Stoppers Board of Directors

Sauce:

1 egg
1 T. lime juice
1/4 cup lemon juice
1/2 cup orange juice
1 cup sugar
1/2 tsp. cinnamon

1 large cantaloupe
1 large pineapple
2 oranges
1 red apple
1 banana
2 cups blueberries
Seedless grapes, red or green

Cut fruit into bitesize pieces. Mix together sauce and toss with fruit. Sprinkle cinnamon on top.

Serves 12.

MAMA RAY'S CRUNCHY POTATO SALAD

BY: Karen Jordan, Centennial Bank

12 medium potatoes, boiled and chopped
12 eggs, hard boiled and chopped
3 cups celery, chopped
2-1/2 cup red onion, chopped
2 cups sweet pickles, chopped

Mix above ingredients together in large bowl.

Dressing:

3 cups mayonnaise
1-1/2 T. mustard
1/2 cup sweet pickle juice

Mix above to taste. Pour over salad and mix thoroughly.

LAYERED SALAD

BY: John McCarthy, Co-founder
Crime Stoppers Board of Directors

1 head chopped lettuce
1 cup chopped celery
1 cup chopped green onions
1 can sliced water chestnuts
Sliced mushrooms
1-1/2 boxes frozen peas, thawed

Layer the above ingredients in large glass bowl.

Dressing:
Salt and pepper (or seasoned pepper)
2 cups mayonnaise
1 cup sour cream
2 garlic cloves, minced
2 or 3 T. fresh lemon juice

Mix the above ingredients and pour on top of salad.
Sprinkles lots of grated Romano cheese over top of salad.

Cover tightly. Do not mix up salad. Let set for 24 hours in refrigerator.

FRESH PEA AND SPINACH SALAD

BY: Renee Buell, South Bay Press
Crime Stoppers Board of Directors

1-1/2 cups shelled fresh or frozen peas (about 2 lbs. in pod)
1/2 lb. fresh spinach leaves
1/2 head iceberg lettuce and ruby leaf lettuce if available
1 cup alfalfa sprouts
8 green onions, chopped
3 hard-cooked eggs, chopped
1 cup mayonnaise
1 garlic clove, mashed
1/2 tsp. salt, 1/2 tsp pepper
1 tsp fresh or 1/3 tsp dried tarragon (optional)

In medium saucepan, cook the peas in about 1-1/2 inches of water for 2 to 3 minutes, until they are barely done. Refresh in cold water and set aside to drain and cool. Wash spinach and lettuce well. Tear the spinach and lettuce into bite-size pieces and place in large salad bowl. Add the sprouts and parsley. Toss to blend. Sprinkle the peas, green onions and eggs, in order, over the top of lettuce mix.

In a small bowl, combine the remaining ingredients. Spread the dressing on the top of the salad, completely covering the ingredients. Chill for several hours. Toss before serving.

SAUERKRAUT SALAD

BY: Marcia Duncan, Centennial Bank

2 cups sauerkraut, finely chopped
1/2 cup sugar
1/4 cup cider vinegar

Mix above ingredients and let stand while preparing vegetables.

1/2 cup celery, finely chopped
1/2 cup green pepper, finely chopped
1/2 cup shredded carrot
1/2 cup finely minced onion

Mix well and chill overnight. Keeps several weeks in refrigerator. A very refreshing cold salad for summer.

CHINESE CHICKEN SALAD

BY: Renee Buell, South Bay Press
Crime Stoppers Board of Directors

1/3 pkg. maifun (clear chinese noodles)
3 chicken breasts
2 or 3 slices fresh ginger
Lettuce
2 or 3 green onions
1 pkg. sliced almonds
1/4 cup goma (sesame seeds)

Bake chicken at 350° for 1 hour. Shred or chop to bite size pieces when cool. Toast almonds and goma. Chop ginger fine. Slice green onion.

Break dry noodles into 2" pieces. Place small amount in hot oil. It will puff up and brown almost immediately. Remove from oil and drain on paper towels.

Shred lettuce and toss all the above just before serving.

Dressing: (Make a day ahead)

6 T. sugar
1 tsp. MSG (optional)
4 T. vinegar
Juice of one small lemon
1 tsp. salt
1/4 tsp. black pepper
1/4 cup salad oil

MACARONI SHRIMP SALAD

BY: Janette Ost, Management Analyst
Fort Lewis

Mix together:

1 small pkg. spiral macaroni or favorite pasta, cooked
1 jar "Cara Mia" marinated mushrooms, cut up
1 can sliced black olives
Chopped onion
1 can shrimp (and if you like, 1/2 fresh shrimp)
Several dill pickles, chopped
Chopped celery

Dressing:
Juice from mushrooms
1 to 2 tablespoons pickle juice
1 cup mayonnaise
1 cup sour cream
3 T. Dijon mustard
1 tsp. lemon pepper
1/2 tsp. ground dill
1/2 tsp. garlic powder
1/2 tsp. each salt and pepper

Mix together and taste. Add any other seasonings you like or more of the above.

PRETZEL SALAD

BY: Marcia Duncan, Centennial Bank

2-1/2 cups crushed pretzels
3 T. powdered sugar
3/4 cup margarine, melted

Mix and bake in a 9x13 pan for 10 minutes at 350°. Cool.

1 8-oz. pkg. cream cheese, softened
1 egg, beaten
1 cup powdered sugar
1 8-oz. tub Cool Whip, thawed
1 T. lemon juice

Beat cream cheese. Add egg and sugar and beat again until smooth. Fold in lemon juice and Cool Whip. Spread on crush and chill.

2 3-oz. pkgs. strawberry Jello
2 cups water, boiling
2 10-oz. pkg. frozen strawberries

Dissolve jello in hot water. Stir until dissolved. Add partially frozen strawberries. Let thicken. Pour over previous layer. Chill.

TORTELLINI SALAD

BY: Nancy Thompson
Office of the Attorney General

1/2 lb. dried cheese tortellini (regular)
1/2 lb. dried cheese tortellini (spinach)
2 cups broccoli flowerets, steamed and chilled
1 large can pitted black olives
2 jars marinated artichoke hearts, drained
1 medium sweet red pepper, cut in 1-inch strips
1/2 cup grated fresh parmesan cheese
2 cups vinaigrette or Italian dressing of choice

Cook pasta 15 to 20 minutes. Drain and chill. Add remaining ingredients, mix and chill. Serves 10.

Assorted peppers may be used, strips of ham, salami or other meats may be added.

MOLDED CINNAMON APPLE SALAD

BY: Joan Boone, Legal Assistant
Lacey City Attorney's Office

1/2 cup red cinnamon candies
2 cups hot water
1 pkg. lemon Jello
2 T. lemon juice
1-1/4 cup unpeeled apples, diced
1/4 cup walnuts or filberts, broken
1 3-oz. pkg. cream cheese
1/8 cup powdered sugar
Dash salt
1 cup Cool Whip

Dissolve candies and Jello in boiling water. Cool. Add lemon juice. Chill until syrupy.

Fold in apples and nuts. Pour 1/2 mixture into 8x8 square pan. Chill until firm.

Blend together softened cream cheese, sugar, salt and Cool Whip. (Adjust to taste the Cool Whip and sugar).

Spread on firm layer. Pour remaining Jello on top.

RICE STICK SALAD

BY: Janette Ost, Management Analyst
Fort Lewis

3 cups vegetable oil
1 tsp. sesame oil
2 oz. rice stick (maifun)
2 T. vegetable oil
1 bunch spinach (stems removed)
1/2 lb. fresh mushrooms
1 head lettuce
1/2 cup sliced almonds
2 cups meat, cut in strips (chicken, pork, crab, or whatever)
2 cloves garlic, crushed
2 T. soy sauce
2 T. dry sherry

Heat oil in wok or pan until hot. Add rice sticks slowly in small amounts. Let rice sticks puff up and then remove immediately. Set aside.

Cut lettuce and spinach into salad size pieces into bowl. Slice mushrooms and add. Add almonds. Cover and refrigerate.

Rice Stick Salad (continued)

Put sliced strips of meat in bowl. Add soy sauce, sherry and sesame oil. Let sit for 1 hour. Heat 2 T. vegetable oil

in wok or pan until hot. Add garlic and saute until brown. Remove and add meat. Stir fry until brown. Remove from pan and let cool, then add to salad. Before serving, add dressing and toss.

Dressing:

1/4 cup rice vinegar
1/4 cup vegetable oil
1 tsp. sesame oil
2 T. sugar
1/4 tsp. black pepper
1/2 tsp. salt

Combine all ingredients and mix well. (You may want to double this). Or be lazy and buy "Oriental Chef Delicate Sesame Dressing".

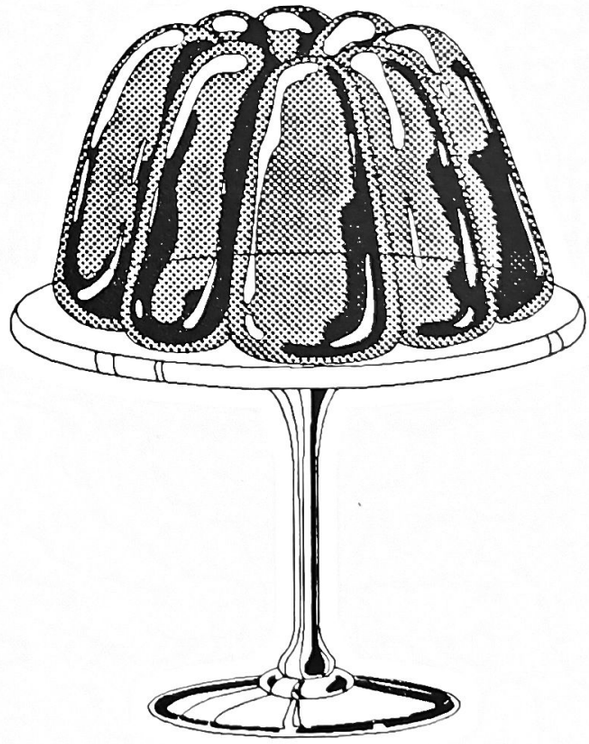
PINK STUFF

BY: Marcia Duncan, Centennial Bank

1 8-1/4 oz. crushed pineapple, drained
1 cup small curd cottage cheese
1 3-oz. pkg. strawberry, raspberry or cherry Jello
2 cups Cool Whip, thawed

Mix dry jello, cottage cheese and drained pineapple. Blend well. Fold in Cool Whip. Gently spoon into serving bowl. Refrigerate several hours before serving.

Serves six.



TORTELLINI SALAD

BY: Kathy Drake, Centennial Bank

1 pkg. (3-lbs.) tortellini, cooked
1/4 cup diced cheese (cheddar or jack)
1 can olives, sliced
1/2 green pepper, diced
1 small red pepper, diced
1 can water chestnuts, sliced
3 to 4 green onions, chopped
1 cup broccoli pieces
1/2 cup frozen carrots (sliced)
1/2 cup mushrooms, cut in 1/2
2 - 2-1/2 cups mayonnaise
1 cup Zesty Italian Dressing (bottled)
Salt and pepper to taste

Cook tortellini according to directions on package.

Put fresh broccoli, mushrooms and carrots in pan of boiling water and boil for 1 minute with lid on. Mix with remaining ingredients. Chill and serve.

THREE BEAN SALAD

BY: Jacque Moore, CDC Marketing
Crime Stoppers Board Member

1 15-oz. can garbanzo beans, drained
1 15-oz. can pinto beans, drained
1 lb. can green beans, drained
1/2 cup sliced onions
1/2 cup chopped green pepper
3/4 cup sugar
2/3 cup vinegar
1/3 cup salad oil
1 tsp. salt
1 tsp. pepper

Combine all ingredients in 3 quart bowl. Toss lightly. Cover and chill overnight. Drain before serving.

Serves 8.

CHINESE CABBAGE SALAD

BY: Donna and Gary R. Tabor
Thurston County Deputy Prosecutor

Combine the following in a large bowl:

1 head cabbage, chopped fine
1 cup sliced almonds
4 T. sesame seeds
2 3-oz. pkgs. Top Ramen, uncooked, broken into pieces
2 cups cooked meat (ham or chicken)
1 bunch green onion, chopped

Dressing:

1 cup oil
6 T. vinegar
6 T. sugar

Combine and warm until sugar dissolves. Add 2 tsp. salt and 2 tsp. pepper, dash of seasoning salt or garlic salt.

Pour over salad and toss. Makes a large amount of salad.

TUNA MACARONI SALAD

BY: Janet and Gene Dolan, Board Member
Crime Stoppers Board of Directors

2 cups salad macaroni, cooked
1 can tuna, drained
5 boiled eggs, chopped
3 or 4 green onions, chopped
Green pepper, chopped (optional)
5 radishes, chopped
3 stalks celery, chopped
3 sweet pickles, chopped
Salt and pepper to taste

Mix all ingredients and then add mayonnaise with mustard to moisten.

SHERBET SALAD

BY: Sally Schuder, Spanaway

2 small pkg. orange Jello
1 pint orange sherbet
2 small cans mandarin oranges
1 9-oz. can crushed pineapple
1/2 pint cream - whipped or Cool Whip
2 cups hot water
2 to 4 bananas (optional)

Dissolve Jello in boiling water. Stir in sherbet. Mix well. Refrigerate until thick, but not firm. Fold in fruit and whipped cream. Put into salad bowl or mold.

DIABETIC DIET FRUIT SALAD

BY: Areta Rodriguez, LPN, Blind Rehab Clinic
American Lake Veterans Hospital

1 can crushed pineapple with juice
1 can mandarine oranges with juice
1 pkg. any flavor sugar free Jello instant pudding (lemon, banana, etc.)

Mix fruits together. Stir in dry instant pudding.

Can be served this way or you may also serve over angel food cake.

[One bread exchange; one fruit exchange]

STRAWBERRY JELLO SALAD

BY: Sally Schuder, Spanaway

2 small pkg. strawberry gelatin
2 pkgs. frozen strawberries
1 cup crushed pineapple
1 cup chopped walnuts
1 pint sour cream

Dissolve gelatin in 1 cup boiling water. Add strawberries pineapple. Add 1 cup chopped walnuts.

Mix until the strawberries dissolve. Let mixture thicken in refrigerator.

Divide mixture in half. Put half in salad bowl. Layer with sour cream and pour remaining mixture on top.

Garnish with sour cream and whole strawberries.

Optional - blueberries may also be added.

MOUTH-WATERING SALAD DRESSING

BY: Gary Windust, Engineer for City of Lacey

1 cup mayonnaise
1 tsp. vinegar
1 tsp. white wine
1/2 tsp. lemon juice
1 clove garlic, crushed (1/2 tsp.)
1/2 tsp. tarragon
Salt to taste
Pepper to taste
1 tsp. smoked summer sausage, finely chopped

Mix above ingredients and chill at least 3 hours before serving. Also makes a great dip for vegetables.

ROQUEFORT DRESSING

BY: Marcia Duncan, Centennial Bank

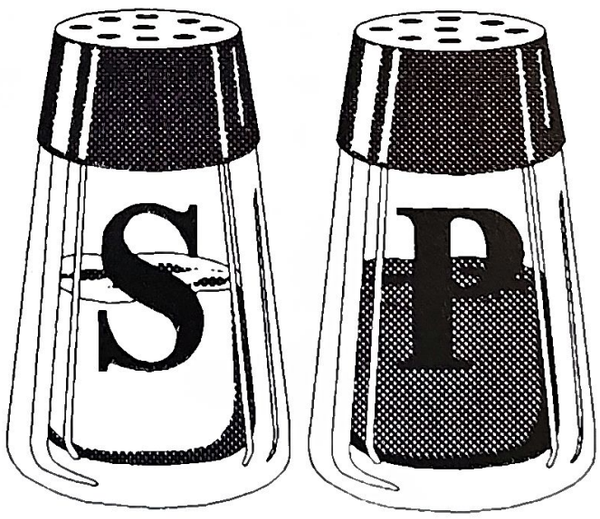
14 oz. Roquefort or blue cheese
1/2 cup sour cream
1/2 cup cottage cheese
2 cups mayonnaise
1/2 cup buttermilk (approximately)
1 or 2 cloves garlic, well mashed

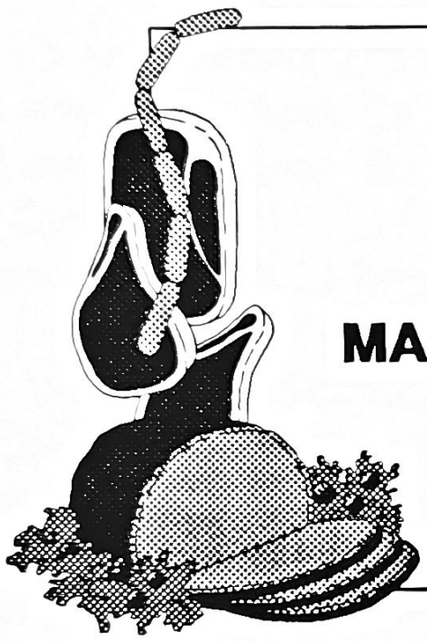
Mix all of above until well blended, adding more or less of the 1/2 cup buttermilk to desired consistency.

SALAD VINEGAR

BY: Bonnie Baker-Muench
1994 Thurston County Assessor

Peel a cup of silver or German garlic and par boil for 30 seconds. Place in a clean, clear bottle with basil, rosemary or other fresh herbs. Cover with a good apple vinegar and let set 3 weeks in a cool place before using.





MAIN DISHES

JOHN'S BARBECUED SHRIMP

BY: John Mansfield, Chief of Police
Lacey Police Department

1 lb. large shrimp (10 to 12 per lb), shelled and de-veined
1/2 cup virgin olive oil
1 T. lemon juice
2 cloves garlic, minced
Cajun seasoning (or favorite blend of dried seasonings)

Wash shrimp and pat dry. Combine oil, juice and seasonings. Add shrimp and cover. Marinate for 1 to 2 hours in refrigerator, stirring occasionally.

When ready to barbecue, skewer shrimp (4 to 6 per skewer based on size of your barbecue). Barbecue over high heat or hot coals for 2 to 4 minutes per side. **Don't overcook.** While cooking, sprinkle lightly with seasoning on each side. Shrimp are ready when they turn pinkish on the outside and white inside.

Serve over seasoned rice or a lightly flavored pasta. Don't use a heavy tomato sauce, as you will lose the delicate flavor of the shrimp.

Note: Both shrimp and marinade can be increased to feed larger numbers of people.

AUNT ANNI'S GERMAN GOULASH

BY: John Wurner, Chief of Police
Olympia Police Department

This is one of my favorite recipes that I grew up with. Served over quartered, boiled potatoes, it makes a hearty dinner for four.

Brown 2-lb. beef rump roast. Cut into one-inch cubes in 2 T. shortening and 2 T. margarine. Add 3/4 tsp. pepper. Add 3 onions diced into one-inch pieces. Add 8 whole cloves and 3 bay leaves. Cook and stir for 10 minutes. (The salt draws out the meat juices.)

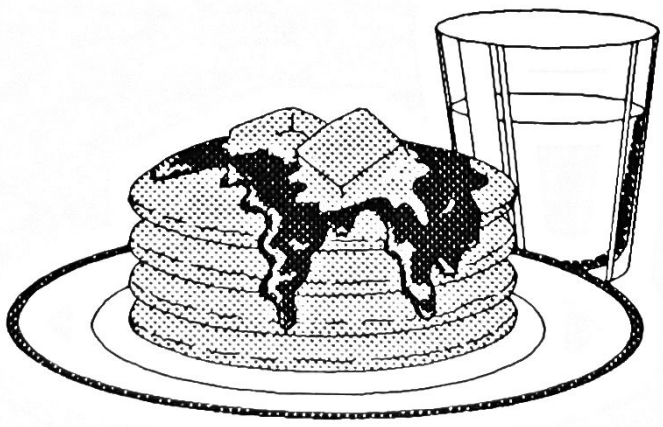
Dissolve one beef bouillon cube in one cup boiling water and add to meat. Cook over low heat 3-4 hours.

SOURDOUGH HOTCAKES

BY: Officer Mark Curtis
Thurston County Sheriffs Office

1 cup instant non-fat dry milk
1 cup warm water (105° to 115°)
1 cup sourdough starter
1-1/4 cup flour
1 egg, slightly beaten
2 T. whole milk
1 T. sugar
1/2 tsp. baking soda
1/2 tsp. salt

Mix together and cook on hot oiled griddle.



CHICKEN KABOBS

BY: Sherry O'Dell, Rainier City Council Member
Owner, Rainier Beauty Shop

Chicken breasts
Mushrooms, whole
Pineapple, cut in chunks
Red onion, cut in chunks
Cherry tomatoes, whole
BBQ sauce
Gourmet sauce
Optional: green, yellow, orange bell pepper

Cut chicken breasts into cubes. Cut bell peppers into cubes/pieces. Cut onion and pineapple into chunks. Use whole mushrooms and tomatoes. Place on skewer, starting with chicken, peppers, mushroom, onion, tomato, pineapple. Repeat until skewer is almost full. Fill skewers until all ingredients are used.

Mix equal parts BBQ sauce and gourmet sauce with a teaspoon of pineapple juice. Mix together and apply with a pastry brush on the kabobs. Cook on barbecue or indoor grill. Use extra sauce on kabobs after cooking for a zingy taste.

Serve with rice or baked potato and salad or your preference.

BAKED VEGETARIAN-STYLE ZUCCHINI "SPAGHETTI"

BY: Ken Ahlf, City Attorney, City of Lacey

1 large zucchini, or 2-3 small ones
1 8-oz. can tomato sauce
1 cup dried bread crumbs or 1 cup packaged Italian bread crumbs
2 cloves garlic, crushed
3 to 4 large fresh mushrooms
1/4 cup grated Parmesan cheese
1 cup grated mozzarella cheese
1 cup grated cheddar cheese
1 tsp. salt
Dash pepper

Cut zucchini in half length-wise. Scrape out the zucchini meat, leaving the outer shell intact. Grate zucchini and mushrooms in food processor (do not turn to mush).

Mix in bowl the zucchini, mushrooms, tomato sauce, bread crumbs, garlic, salt and pepper. Spread this mixture in the zucchini shells. Sprinkle cheeses over all.

Bake 20-25 minutes at 350° (if using small zucchini, reduce baking time to 15 minutes).

QUICK QUICHE

BY: Kathryn M. Wolfe
Mayor, City of Yelm

2 cups bacon, fried and crumbled, or 1 8-oz. pkg. bulk sausage, browned and crumbled, or 1 cup diced cooked ham
1 cup cheddar cheese, shredded
1 T. instant minced onion
3 eggs
3/4 cup biscuit mix
1-1/4 cup milk
1/4 tsp. each of dry mustard, dillweed, pepper
1 pkg. thawed frozen chopped broccoli, or 1 4-oz. can sliced mushrooms, drained.

Lightly grease 8-inch square pan or 9-inch pie pan. Sprinkle meat, cheese and onion into pan.

Blend eggs, milk, biscuit mix and spices until smooth. Fold in broccoli or mushrooms. Pour over meat-cheese mixture.

Bake at 400° for 30 minutes until golden brown and knife inserted comes out clean. Let stand 5 minutes.

Serves 6.

MOJAVE PIZZA

BY: Michael L. Brown, Mayor, City of Tenino

Dough:
4-1/2 cups flour
1 pkg. dry yeast
1-1/2 cup warm water (110°)
2 T. olive oil (or cooking oil)
1-1/2 tsp. salt

Sauce:
16 oz. can tomato sauce
4 tsp. dried oregano leaves
1-1/2 tsp. salt
2 large cloves of garlic, finely chopped
1/4 tsp. pepper
1/2 cup grated Parmesan cheese
2 medium onions, finely chopped

Topping:
Real Italian sausage, medium to hot, approx. 8 links (or hamburger), pre-cooked
Green pepper, chopped, half to whole
Black olives, sliced, about 8 oz.
Prepared mushrooms, 8 oz. (sliced or whole button)
2 lb. mozzarella cheese, shredded (lb. per pie)
Tomatoes, about 2 medium, sliced and chopped

Mojave Pizza (continued)

First, make the dough. Sprinkle yeast over warm water in small bowl or measuring cup. Stir to dissolve. Combine 2 cups flour (or 1-1/2 cup flour and 1/2 cup corn meal) with salt and olive oil. Add yeast mixture and beat at low speed for 30 seconds. Then beat at high speed for 3 minutes. By hand, stir in enough remaining flour to make a moderately stiff and fairly sticky dough. Knead until smooth and tacky on a floured surface. Place in a greased bowl, turn once to coat, cover with damp cloth, and let rise in warm place (85°) until double (about 1 hour).

While waiting for dough to rise, make the sauce, prepare the toppings and cook the sausage.

Remove the risen dough from bowl. Divide in half. Pat dough from center of two greased 15" pizza pans to sides. For an extra thick crust, return dough on pans to warm place, cover with damp cloth and let rise again for about 1/2 hour. Dough will also rise slightly after being placed in oven to cook.

Bake dough at 475° for about 15 minutes or until dough starts to brown. Remove from oven and add sauce and toppings. Bake an additional 15 minutes or until cheese just starts to bubble or brown (keep an eye on it). Eat well before bedtime or you will be up for water several times before getting any decent sleep! Recipe makes two large pies that will feed 5 hungry people.

POT ROAST WITH VEGETABLES

BY: Detective Lieutenant Tom Nelson
Lacey Police Department

A great camping dinner!

Beef roast (size to accommodate the size of dutch oven)
1/4 cup vegetable oil
Salt and pepper to taste
Garlic powder to taste
*Other seasonings as desired

One large onion
1 medium size potato per person
5 to 6 carrots
Mushrooms (I like lots!)

Heat dutch oven and pour in oil. When hot, brown roast on all sides. Season to taste. Cover and cook until meat is medium. Add vegetables.

Turn meat occasionally and watch vegetables so they do not burn.

You can make gravy from the drippings in the oven after you have removed the meat and vegetables.

COLD PIZZA

BY: Kathy McVay, Program Manager
Higher Education Coordinating Board

Crust:

1 pkg. refrigerated crescent dinner rolls

Roll out rolls and pat out on pizza/jelly roll pan to form one crust base. Bake 15 minutes at 375°. Cool.

Filling:

1 8-oz. cream cheese, softened
1/3 cup mayonnaise
Dill to taste

Mix and spread on cooled crust. Top with fresh sliced vegetables.

Vegetables: green pepper rings, green onion, radish, cucumber, shredded carrot on top to resemble cheese on a pizza.

HAM FRIED RICE

BY: Gloria Grant, Chair
Crime Stoppers Board of Directors

1 cup uncooked rice
2 eggs, slightly beaten
1/4 cup vegetable oil
1/4 cup sliced green onions and tops
2 T. soy sauce
1/2 tsp. sugar
1/4 tsp. Accent
1 cup diced cooked ham

Cook rice, drain and cool.

Scramble eggs slightly in 1 tsp. oil. Set aside. Heat remaining 3 T. oil in skillet. Add green onions and heat one minute, stirring. Add rice and stir quickly to coat with oil. When heated, stir in remaining ingredients, including egg. Serve with additional soy sauce if desired.

Makes 4 servings.

PAT'S PARTY PIZZAS

BY: Pat Hardin
City of Lacey Finance Dept.

1 pkg. English muffins
1 jar pizza sauce
1 whole green pepper, chopped fine
1 whole onion, chopped
1 can sliced mushrooms, drained
1 can sliced black olives, drained
1 pkg. mozzarella cheese, shredded

Arrange muffin halves on cookie sheet. Spoon on sauce first, then add the rest of the ingredients, ending with the cheese. Add generous portions.

Place in 350° oven for 5 minutes or until cheese melts.

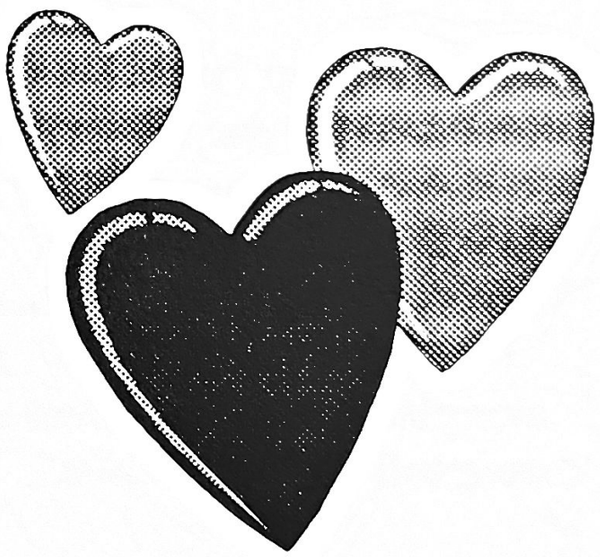
Make plenty - these travel well in school lunches and taste good cold!

Variations: If you find yourself completely out of pizza sauce, I have found spaghetti sauce tastes good too. We have also tried cooked hamburger (drained well), Canadian bacon, and pepperoni. Vine-ripened tomatoes on this are probably our favorite September treat!

CHAMPAGNE SHRIMP FETTUCINI

BY: Detective Loreli Thompson
Lacey Police Department

2 tsp. butter
1/2 cup clam juice
1/2 cup whipping cream
1/2 cup champagne
1/2 lb. shrimp, cleaned and de-veined
Cooked fettucini noodles



Melt butter in skillet over medium high heat. Stir in clam juice. Turn up heat to high and boil until sauce is reduced to about 1/4 cup. Reduce heat slightly and add whipping cream and champagne. Cook 3-5 minutes or until sauce is thick. Add shrimp and cook until pink. Stir in pepper to taste.

Serve over hot, cooked noodles.

CRAB CASSEROLE

BY: Florence Lindsey, Community Volunteer
Monterey, California

8 slices white bread
1/2 cup mayonnaise
1 cup chopped celery
1 medium onion, chopped
1 can sliced water chestnuts
3/4 cup chopped green pepper
2 7-1/2 oz. cans crab
4 eggs, beaten
3 cups milk
1 10-1/2 oz. can cream of mushroom soup
Grated sharp cheddar cheese
Paprika

Leaving crusts on, butter and cube bread. Place 4 slices cubed bread, buttered side down, in bottom of 8x8 baking dish. Break up crab. Add mayonnaise, celery, onion, water chestnuts and green pepper. Blend well. Spread over bread. Top with remaining bread cubes, buttered side up. Beat eggs and milk together. Pour over mixture in baking dish. Refrigerate overnight.

The next day, bake at 325° for 15 minutes. Remove and spread soup over, then a generous amount of grated cheese. Top with paprika.

Bake 1 hour longer or until golden brown.

CREAMED ONIONS

BY: Suzanne Rowe, Circulation Assistant
Tumwater Library

10 to 12 small boiling onions (whole)
3 T. butter
2 T. flour
Salt and pepper to taste
1-1/2 cup milk
1 cup shredded muenster cheese
1 T. Gray Poupon mustard

Cook onions in boiling salted water until barely tender. Drain. In saucepan, melt butter and blend in flour, salt and pepper. Add milk all at once. Cook and stir until thickened and bubbly. Add shredded cheese and mustard. Stir until cheese has melted. Stir in onions and heat through.

Garnish with chopped fresh parsley.

Option: a splash or two of sherry is good too!

BREAKFAST SANDWICHES

BY: Suzanne Rowe, Circulation Assistant
Tumwater Library

Hard cooked boiled eggs, finely chopped
Grated sharp cheddar cheese
Minced green onions
Crisp crumbled bacon, or
Finely diced cooked ham

Mix together and add enough mayonnaise and 2 T. mustard to make a fairly thick spread.

Cut thick slices of your favorite bread. Spread mixture on 1 slice, top with other slice and butter outside of each slice. Grill until golden brown and cheese has melted.

Great for camping and boating as it can be assembled at home, kept chilled and grilled quickly.

GARLIC ROAST

BY: Bonnie Baker-Muench
1994 Thurston County Assessor

3 to 4 lb. rump roast
Peeled garlic cloves, to individual taste
Salt and pepper

Make small slits in the roast and insert a garlic in each slit, varying the depth of the slits to get the cloves distributed throughout the meat.

Brown in a heavy skillet. Cast iron works the very best, with a small amount of olive oil. When browned on all sides, season with salt and pepper.

Roast at 350° for 20 minutes per pound, covered until the last 10 minutes for a crusty finish.

BROWN RICE CAKES

BY: Scott Pritchard, Spokane Nutritionist

2 eggs, beaten
2 cups brown rice, cooked and chilled
3 to 4 T. soy bits (Baco)
1/3 cup finely chopped green pepper
1/4 cup grated Parmesan cheese
2 T. onion, finely chopped
Pinch pepper, freshly ground

In bowl combine eggs, rice, Bacos, green pepper, cheese, onion and pepper. Cover and chill for approximately one hour. Using 1/3 cup measure, scoop rice mixture onto griddle. Shape into patties. Cook patties for 5 minutes per side until patties hold together and are golden brown.

Makes 6 patties.

CREAMY POTATO PUFF

BY: Gloria Grant, Chair
Crime Stoppers Board of Directors

1 8-oz. pkg. cream cheese
4 cups hot mashed potatoes
1 egg, beaten
1/3 cup chpped onion
1/4 cup chopped pimento
1 tsp. salt
Dash pepper

Combine all ingredients and place in 1 qt. casserole. Bake at 350° for 45 minutes.

May refrigerate overnight. Bake at 350 for 30 to 40 minutes.

Sauce:

1 can mushroom soup
1/3 cup milk
1 can mushrooms

Mix together and use as sauce.

BODIAN SOLE
(Say aloud two times, hee hee)

BY: Sandy Sandulo-Myers, Former Deputy Clerk
U.S. District Court, Spokane

1 lb. cut up filet of sole
1 can mushroom soup (the kind with less salt)
1/2 cup grated cheddar cheese (or little more)
Some crumbs crunched up (I put in double plastic bag and let Dad tromp on. Pepperidge Farm is nice. Less than a cup.)
Parmesan cheese (couple spoons)

Mix crumbs with parmesan cheese, and sprinkle in a couple spoons of parsley, dried, and a little paprika. Put sole in single layer in baking dish. Glass is good as it's easy to clean, and if you have that spray stuff, give the dish a good shot before putting in the sole. Pour the soup over and dump cheese on and moosh it all around so there's some over and some under the fish. Then sprinkle with those crumbs and bake at 375° for 45 minutes or less. **NEEDS NO TURNING.**

Stick fork into fish and give little flip with wrist (not that hard or you'll have it all over the oven) - just a little bitty flick and if the fish is white rather than opaque, chances are it's done. This holds well at low heat and isn't bad cold for breakfast, except there won't be any left.

MUSTARD FLANK STEAK

BY: Sandy Sandulo-Myers, Former Deputy Clerk
U.S. District Court, Spokane

1.5 lb.s flank steak
2 T. each butter and oil
1 onion, thinly sliced
1 cup regular strength beef broth
2 tsp. each cornstarch and Dijon style mustard
2 T. white vinegar
1/2 tsp. salt
1/4 tsp. each pepper and paprika

Slice flank steak thinly on diagonal. Saute in oil and butter. Using the same pan, saute the onion over medium heat, adding more butter if needed. Cook onion until is limp and translucent. Turn into dish with meat and keep warm. Gradually stir beef broth into cornstarch until smooth. Add mustard, vinegar, salt, pepper and paprika. Pour both mixtures into frying pan and cook, stirring to release brown particles, until sauce boils and is thickened.

Return meat and onions to pan of sauce and stir to mix. Reheat quick, then serve.

Serves 4.

INCREDIBLE CHEESE, SAUSAGE EGG STRATA

BY: Carol Walker, Human Resource Director
Union Carbide, Vancouver

8 eggs
2 cups milk
8 slices of bread, no crust
1 lb. sausage, cooked, drained and crumbled
2 cups grated cheddar cheese
1/4 cup chopped onion
1 can cream of mushroom soup
2 T. milk

Generously butter 9x13 baking pan. Cover the bottom of the pan with 1/2 of the bread. Sprinkle with 1/2 of cheese and 1/2 of onion and all of the sausage. Repeat the bread, cheese and onion. Blend together eggs and milk. Pour egg mixture over casserole. Cover and refrigerate overnight. (Can freeze at this point if desired). Mix soup with remaining milk. Spread evenly on top. Bake at 350° for 70 minutes.

COWBOY CHILI

BY: Dick and Joyce Nichols
Thurston County Commissioner

2 lbs. hamburger
1/2 cup onion
Garlic

Brown above ingredients and drain. Sprinkle in and mix with meat:

2 T. flour
1 to 2 tsp. chili powder
1/2 tsp. cumin
1 tsp. oregano
1 large can tomatoes
1 small can Ortega diced green chilies

Pour into 9x13 pan. Cover with 2 cups shredded cheddar cheese. In small bowl, mix:

1 Jiffy corn muffin mix
2 eggs
1/3 cup sour cream
1 12-oz. can whole kernel corn, drained

Drop by spoonfuls on meat mixture. Bake at 375° for 30 to 35 minutes.

LOW FAT BURRITOS

BY: Scott Pritchard, Spokane Nutritionist

Filling:

2 cups pinto beans, soaked, cooked and drained
1 small onion, chopped
1/2 green pepper, chopped and sauteed until tender
3 garlic cloves, minced

Puree above ingredients in blender or food processor until smooth. (Or leave some of the beans whole and add to mixture for a different texture.)

Return bean mixture to pan and heat. Add:

1 small can tomato paste
2 tsp. cumin
1 tsp. chili powder
1/2 cup medium salsa

Place 1/3 cup bean mixture on a warmed flour tortilla. Sprinkle with some sharp cheddar (1 oz.). Roll tortilla and wrap in foil. Heat at 300° for 15 minutes. Wrap warm burritos in a towel and take on a picnic, or freeze for later use.

Top with skim milk yogurt and a good salsa.

HOT FRENCH QUARTER POTATOES

BY: Barb Theiss, Program Manager
Higher Education Coordinating Board

8 medium-sized potatoes
1/4 lb. butter or margarine, melted
1 clove garlic, crushed
1/2 tsp. Tabasco sauce
Dash cayenne pepper
Paprika

Preheat oven to 400°. Wash potatoes, but do not peel. Cut lengthwise into eighths. Score each spear into bite-sized sections, cutting halfway through.

Combine 6 T. melted butter, garlic and Tabasco. Brush on potato spears. Sprinkle with a dash of cayenne pepper and some paprika. Bake 30 minutes, basting with remaining butter halfway through baking.

Makes about 14 servings. Easy and good for company - sort of modified mo-jos.

HALIBUT VERONICA FOR TWO

BY: Jim Theiss, Retired Teacher, Olympia

2 halibut steaks
2 T. butter or margarine
1/4 tsp. each thyme and rosemary, crushed
1/4 cup heavy cream
1/2 cup fresh seedless green grapes
Optional: 2 T. dry white wine

Sprinkle halibut with salt in large skillet. Saute in butter until almost cooked. Add wine if desire, 1/2 tsp. salt, thyme and rosemary. Simmer, covered, for about 5 minutes, or until halibut flakes when tested with a fork. Place halibut on warm platter (or warm oven). If necessary, reduce juices in skillet by boiling until syrupy in appearance. Add cream, boil and stir until thickened. Stir grapes into cream mixture and heat thoroughly. Spoon sauce over halibut steaks.

This recipe may be doubled.

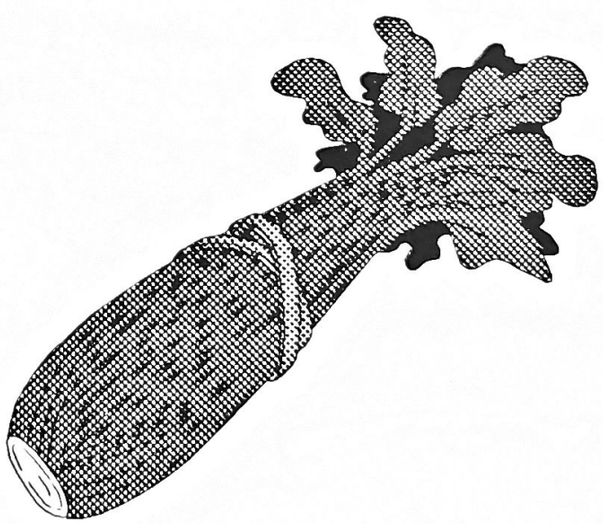
SUPER CHICKEN

BY: Ferrell Gilson, Member
Crime Stoppers Board of Directors

Boned chicken breasts, 4 or more
Sliced scallions
1 can cream of chicken soup
1/2 cup sherry
1 can cream of celery soup
Grated cheese

Combine soups and sherry. Place chicken in baking dish and pour mixture over. Sprinkle with paprika and grated cheese.

Bake at 375° until done.



LASAGNE CASSEROLE

BY: Florence Lindsey, Community Volunteer
Monterey, CA

1 lb. cooked, wide lasagne noodles
1 lb. ground beef
3 cans tomato sauce
5 green onions with tops, chopped
1 8-oz. pkg. cream cheese, room temperature
1 pint sour cream
cheddar cheese

Cook noodles. Brown meat and add tomato sauce. Mix cream cheese with sour cream and onion.

Layer noodles, meat and cheese. Grate cheddar cheese over top.

Bake at 350° for 30 to 35 minutes.

ENCHILADAS

BY: Jill Faughender, Centennial Bank

2 large cans refried beans
2 boxes Mexican rice
1 can chopped olives
6 to 8 cans enchilada sauce (choose your own - mild, medium, hot)
2 pkg. enchilada mix
3 dozen tortilla shells
2 chicken breasts
2 small blocks of cheddar cheese, grated
1 small sour cream

Boil chicken breast for one hour. Shred with fork. Boil Mexican rice. Combine in large bowl the chicken, rice, beans, olives, enchilada mix, 1/2 of grated cheese, sour cream, and 1 can enchilada sauce. Mix well and set aside.

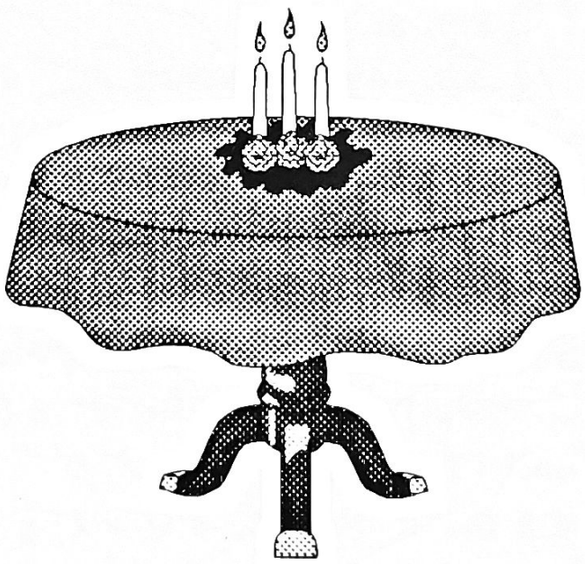
Pan fry tortilla shells. Coat with enchilada sauce. Using a large plate covered with sauce and your hands, fill 1/2 of shell with mix and roll shell. Place in casserole dish side by side. When pan is full, pour enchilada sauce over the top of casserole. Sprinkle with grated cheese.

Enchiladas (continued)

Bake at 350° for 45 minutes. If you want to freeze the extra pans, do not put cheese on top. Cover with plastic wrap, then foil, and freeze. When ready to cook, allow 1-1/2 hours at 350°.

Serve with chips and salsa and plenty of ice water.

Use the temperature guide on your enchilada cans to determine how spicy you want your meal. You can substitute non-fat beans and sour cream without changing the taste. If you are having a large group, just add more rice, beans and chicken to increase the filling.



HAM AND MUSHROOM QUICHE

BY: Dave Paget, Centennial Bank

1 bunch green onions, chopped
2 T. margarine
2 cups chopped ham
6 to 8 slices cooked bacon, crumbled
8 oz. shredded Swiss cheese
1 8-oz. can sliced mushrooms, drained
8 eggs
1-1/2 cups evaporated milk (large can)
1 clove garlic, minced fine (or garlic powder)
1/2 tsp. salt
1/2 tsp. dry mustard
Dash nutmeg and white pepper

Line pie plates with pastry.

Saute onion in margarine until tender. Combine onion, cheese, bacon, mushrooms and ham. Toss gently. Spoon half of mixture in each pie crust. (This step can be done the night before. Pour egg mixture over it just before baking in morning). Combine remaining ingredients and beat well. Pour half of egg mixture over each filled crust. (Egg mixture can be made the night before too).

Bake at 350° for 40 to 50 minutes or until set (longer time when chilled). May be frozen. Thaw overnight.

SPICY ITALIAN SHRIMP

BY: Doug Hoff, Centennial Bank

1/2 cup chopped onion
2 cloves garlic, chopped
2 tsp. olive oil
2 cans stewed or Italian tomatoes
1/2 tsp. crushed red peppers
1 T. basil
1/8 tsp. pepper
2 T. pine nuts
1/2 cup sliced mushrooms
20 to 25 pre-cooked jumbo shrimp, thawed

Saute onion and garlic in olive oil for about 2 minutes. Add all ingredients except shrimp. Bring to boil, then reduce heat and cook for about 20 minutes, chopping the tomatoes as you stir. Add shrimp and bring to a boil for 2 minutes.

Serve over spaghetti or linguini noodles.

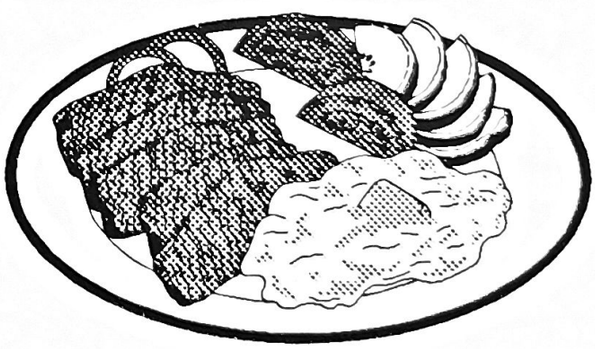
Serves 4.

HEARTY POTTED CHUCK

BY: Karen Jordan, Centennial Bank

3 to 4 lb. chuck roast
Vegetable oil
1 pkg. onion soup mix
1 8-oz. can tomato sauce
1 cup beer

In dutch oven, brown meat well on both sides in hot oil. Combine onion soup mix with tomato sauce and beer. Pour over browned meat. Cover tightly and simmer over very low heat for 2-1/2 to 3 hours, or until meat is fork tender.



FAVORITE BAKED BEANS

BY: Sandy Carey, Centennial Bank

3 slices bacon, halved crosswise
3 16-oz. cans pork and beans
1 cup packed brown sugar
1 cup catsup
1 medium onion, chopped (1/2 cup)
1/4 cup Worcestershire sauce
2 T. prepared mustard

Cut up bacon, brown and drain.

In large mixing bowl stir together pork and beans, sugar, catsup, onion, Worcestershire sauce and mustard. Add bacon. Transfer to a 2-quart casserole .

Bake uncovered at 350° for about 2 hours or until desired consistency.

Serves 10.

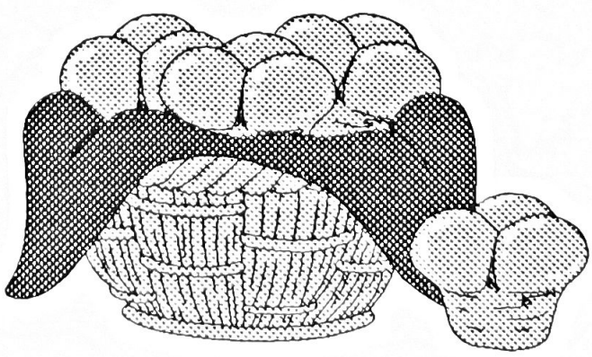
SAUSAGE BISCUITS

BY: John McCarthy, Co-founder
Crime Stoppers

20-oz. Bisquick
1 lb. sausage
1 lb. grated cheddar cheese
Dash of cayenne pepper

Mix and let stand in refrigerator for 4 hours or more.

Form small balls and flatten with fork. Place on jelly roll pan and bake for 10 minutes at 400°.



CHICKEN DIVAN

BY: John McCarthy, Co-founder
Crime Stoppers

2 10-oz. pkg. frozen broccoli
2 cups cooked sliced chicken breasts
2 cans cream of chicken soup
1 cup mayonnaise
1 tsp. lemon juice
1/2 tsp. curry powder
1/2 cup shredded sharp American cheese
1/2 cup bread crumbs mixed with 1 T. melted butter

Cook broccoli in boiling salted water until tender. Drain. Arrange in 9x13 baking dish. Place chicken on top.

Combine soup, mayonnaise, lemon juice and curry powder. Pour over chicken. Sprinkle cheese on top. Combine bread crumbs and butter and sprinkle on top.

Bake at 350° for 25 to 30 minutes.

Serves 6 to 8.

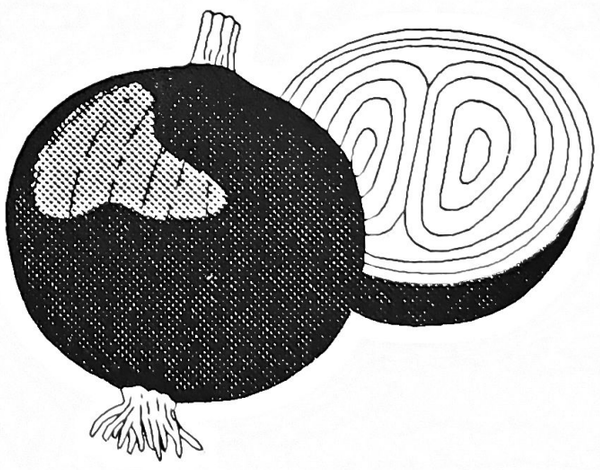
BELIEVE IT OR NOT CHICKEN

BY: Marcia Duncan, Centennial Bank

1 fryer chicken, cut up (or 2 to 3 lbs. fryer parts)
1 8-oz. bottled French dressing
1 can whole cranberry sauce
1 envelope dry onion soup mix

Brown the chicken in hot oil, then remove to a casserole or oven-proof dish. Mix the remaining ingredients in a medium bowl and pour over the chicken. Bake uncovered at 375° for 1 hour, spooning sauce over chicken occasionally.

Serves 4 to 6.



CHICKEN WITH MUSHROOM & ARTICHOKES

BY: John McCarthy, Co-founder
Crime Stoppers

Chicken breasts, boned and skinned
Slices of Swiss cheese
Artichoke hearts, canned or frozen
Mushrooms, 2 cans whole button
2 cans cream of chicken soup (undiluted)
1/2 cup white wine

Use enough chicken breasts to fit 9x13 baking dish. Cover each breast with 1/2 slice of cheese. Arrange artichoke hearts and mushrooms over top (as many as you want).

Mix soup and wine and pour over chicken.

Sometimes I sprinkle bread stuffing mix lightly over the top (1 to 2 cups).

Bake uncovered until chicken is cooked, 350° for 45 minutes to 1 hour.

OYSTER ZUCCHINI FRITTERS

BY: Marcia Duncan, Centennial Bank

1 pint of fresh oysters
1-1/2 cups flour
2 tsp. baking soda
1 tsp. salt
1/4 tsp. garlic powder
1 cup finely chopped zucchini
1 egg, beaten
1 T. milk
Cooking oil for frying (approximately 1 cup)

Drain and chop oysters. Combine flour, baking powder, salt and garlic powder. Combine oysters, zucchini, egg and milk. Add oyster mixture to flour mixture. Stir only until blended. Heat oil in electric fry pan. Drop oyster mixture by tablespoonful in a single layer in hot oil. Fry at 375° for 3 minutes or until golden brown, turning once. Drain on paper towels. Serve immediately with Hasty Horseradish Sauce.

Hasty Horseradish Sauce:

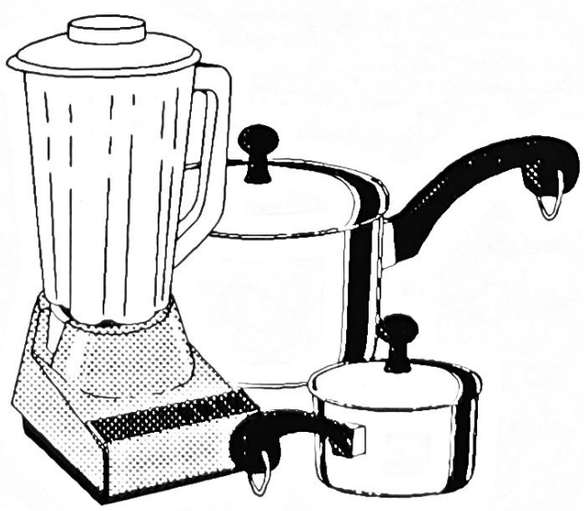
In small saucepan, combine 1/4 cup horseradish sauce with 1/4 cup mayonnaise. (Can use 1/2 cup horseradish sauce if you **really** like it!) Heat gently, stirring occasionally. Do not boil.

SWEET & SOUR PORK & BEAN CASSEROLE

BY: Gloria Grant, Chair
Crime Stoppers Board of Directors

1 28-oz. can pork and beans
1 clove garlic
2 T. soy sauce
1 green pepper, chopped
1 lb. hamburger
1 cup barbecue sauce
1 8-oz. can pineapple chunks

Brown meat and mix everything together. Heat and serve.



HAMBURGER STROGANOFF

BY: Nancy Thompson
Office of the Attorney General

1/2 cup minced onions
2 T. cooking oil
1 lb. lean ground beef
1 clove garlic, minced
1 lb. sliced mushrooms (or 4-oz. can)
1 can cream of chicken soup
1 cup light sour cream
Salt, pepper, paprika to taste
Chopped parsley or chives

Saute onion until soft, then brown beef. Add seasonings and fresh mushrooms, saute five minutes (canned mushrooms may go in with soup). Stir in soup and simmer uncovered 10 minutes. Stir in sour cream. Serve hot with noodles or rice.

Note: Can use cream of mushroom soup in place of chicken).

CHEESE BROCCOLI & HAM STRATA

BY: John McCarthy, Co-founder
Crime Stoppers

Make a day ahead and refrigerate overnight. Excellent for brunch. Makes 12 servings.

12 slices white bread without crusts
3/4 lb. cheddar cheese, shredded
1 10-oz. pkg. frozen broccoli (defrosted and squeezed dry)
2 cups ham, diced
6 eggs, slightly beaten
3 1/2 cups milk
2 T. instant dry onion flakes
1/2 tsp. salt
1/4 tsp. dry mustard

Cut 2 pieces of bread into squares for topping. Fit remaining bread on bottom of 9x13 casserole. Layer in cheese, broccoli and ham. Arrange bread squares on top. Combine other ingredients and pour over top. Refrigerate overnight.

Bake at 350° for 55 minutes. Let stand 10 minutes before serving.

For brunch, serve with fresh fruit in season, such as melon, grapes, pineapple or blueberries.

BBQ BUNS

BY: Marcia Duncan, Centennial Bank

1-1/2 lbs. pork or beef (boneless pork shoulder or beef chuck roast)
1 large onion, sliced

Boil meat in water until soft. Remove to cool. Shred meat, pulling apart when cool enough to handle. Reduce meat broth to desired strength. Fry sliced onion until soft.

Sauce:

1/2 to 3/4 cup meat broth (reserve remainder)
1 bottle catsup, medium size
2 T. dry mustard
2 T. vinegar
3 T. brown sugar
3 T. worcestershire sauce
Salt and pepper to taste

Mix sauce ingredients together. Add meat and onion. Simmer for at least 1/2 hour, stirring occasionally to keep meat from sticking to bottom of saucepan. Add more meat broth if needed. Serve on toasted hamburger buns.

ITALIAN DELIGHT

BY: John McCarthy, Co-founder
Crime Stoppers

1 lb. ground beef
1 onion, chopped
1 green pepper, chopped

Brown above ingredients together.

1 can cream corn
2 cans (4-oz.) spaghetti sauce with mushrooms
1 can enchilada sauce
1 can pitted olives
3/4 cup grated parmesan cheese
Salt and pepper
1 pkg. flat egg or dutch noodles, cooked

Mix above in casserole dish. Add meat mixture and cooked noodles. Mix together and bake in slow oven, 300° to 325° for 30 minutes.

MUD BAY STEW

BY: Linda Peters, Centennial Bank

1/4 cup olive oil
1 can (1-lb.) tomatoes, chopped
1/2 cup chopped onions
1/4 tsp. crushed thyme
1 bay leaf
2 T. chopped parsley
1/2 tsp. crushed rosemary
1/4 cup minced celery
2 slices orange
2 slices lemon
1 cup white wine
1 large can tomato paste
1 lb. clams (steamed)
15 oysters (parboiled)
1/2 lb. cod, cut into 1" strips
1/2 lb. scallops
1 crab, cooked and removed from shell

In heavy skillet, heat olive oil. Add all ingredients except seafood. Bring to boil. Lower heat and simmer 30 minutes. Remove bay leaf, lemon and orange slices. Add scallops and cod. Cook 3 to 4 minutes. Add remaining seafood - crab last. Heat just until warmed through. Serve with French bread.

BOB'S BAKED CHICKEN

BY: Mike Cleland, Retired Pt Angeles Police Dept
Past Board Member, Crime Stoppers

This is a recipe given to me by my brother-in-law several years ago. It is simple to prepare and tastes like you spent the whole day in the kitchen!

4 chicken breasts
1 can mushroom soup
1 small can mushrooms (undrained)
1/2 cup cooking sherry
1 cup sour cream

Add garlic powder and Johnny's seasoning to taste.

Place chicken in baking dish. Combine other ingredients and pour over chicken. Add paprika on top. Bake at 350° for 1 hour and 15 minutes.

Serve over rice or noodles.

SHRIMP SCAMPI

BY: Judy Kephart, Centennial Bank

2 lbs. shrimp, shelled and de-veined
1/2 cup olive oil
1/2 cup dry white wine
1/2 tsp. oregano
2 cloves garlic

Prepare the marinade. In a mixing bowl, blend oil, wine, oregano and garlic. Add shrimp. Cover and refrigerate 4 to 6 hours, stirring occasionally.

Preheat broiler. Line broiler pan with aluminum foil.

Place shrimp and marinade on broiler pan. Broil 4 to 6 inches from heat for 5 minutes. Turn shrimp and broil for 6 minutes longer. Time may vary due to broiler heat and size of shrimp.

Serve shrimp covered with marinade.

LEMON MEAT LOAF

BY: Nan Thomas, Staff Attorney
Washington State Supreme Court

Good for sandwiches.

1 lb. ground beef
1/8 cup lemon juice
1 egg
3 slices stale bread, chopped
1/4 cup onions, chopped
1 tsp. salt

Mix all ingredients and put in loaf pan. Bake for first 30 minutes.

Topping
1/2 cup catsup
1/4 cup brown sugar
1 tsp. dry mustard
1/4 tsp. dried cloves
1/4 tsp allspice
8 thin slices of bacon

Mix and pour over meatloaf after first 30 minutes. Bake another 30 minutes.

KELSEY'S FAVORITE SPAGHETTI SAUCE

BY: Gary Windust, Engineer for City of Lacey

1 lb. lean ground beef
1 lb. Italian sausage
2 garlic cloves, minced
2 ea. 1 lb. 14 oz. cans whole tomatoes (chopped chunky)
2 ea. 1 lb. 14 oz. cans tomato sauce
1 ea. 12 oz. can tomato paste
1/3 cup snipped parsley
6 T. brown sugar (key ingredient)
3 tsp. ground oregano
2 tsp. salt
1/2 tsp. dried thyme
3 whole bay leaf
4 cups water
1 cup sauteed chopped celery
1 cup sauteed chopped green pepper
2 lbs. sauteed sliced mushrooms

Mix all ingredients in large cooking pot. Cook uncovered at low temperature and stir occasionally. Takes anywhere from 5 to 6 hours until water is cooked off and spices are well blended. Remove bay leaves before serving. I will add chili powder to my sauce sometimes just to give it a little bite. I like freezing the sauce for future meals.

SWEDISH PANCAKES

BY: Officer Mark Curtis
Thurston County Sheriffs Office

To make a serving of four very thin Swedish pancakes, mix two sets of ingredients together.

Liquid of 1 or 1-1/2 cups milk
3 T. melted butter, with 2 eggs beaten into liquid

1 cup flour, unsifted
3 T. sugar
1 tsp. salt

Mix dry ingredients together, then mix all together into a batter. Pour thinly into a small, oiled fry pan and cook to a light brown. Flip to other side.

Best served with lingonberry syrup if available. May be rolled with various jellies, powdered sugar, butter, etc.

CHEESE LASAGNE

BY: Nancy Thompson
Office of the Attorney General

16 oz. lasagne noodles
4 cups (2 lb.) ricotta cheese
2 cups mozzarella cheese (shredded)
1/4 cup grated parmesan cheese
4 eggs
3-1/2 cups spaghetti sauce (32 oz. jar)

Cook pasta according to package directions and drain. Lay flat on foil to cool. Heat oven to 350°. In large bowl, combine ricotta, parmesan, eggs, salt and pepper to taste. Spread 1/2 cup spaghetti sauce in bottom of 13x9 inch baking dish. Cover bottom with pasta, overlapping edges slightly. Spread 1/2 ricotta cheese filling over pasta, top with layer of pasta, spread 1-1/2 cups spaghetti sauce over pasta, layer pasta and remaining ricotta cheese filling on top. Cover with pasta, remaining sauce and mozzarella cheese.

Bake 45 minutes or until bubbly. Serves 8 to 10.

CHICKEN FAJITAS

BY: Judy Kephart, Centennial Bank

8 6" flour tortillas
1 small onion, sliced and separated into rings
2 cloves garlic, minced
1 medium red or green pepper cut into bite size strips
1 T. olive oil
8 oz. boned skinless chicken breast cut into bite size strips
1/3 cup salsa
2 cups lettuce, shredded
1 green onion, thinly sliced (optional)
1/4 cup plain low fat yogurt

Wrap tortillas in foil. Place in 300° oven for 10 to 12 minutes or until heated through. Meanwhile, spray a large skillet with non-stick spray coating. Add onion and garlic. Stir fry for 2 minutes. Add red pepper and stir fry for 1 to 2 minutes or until vegetables are crisp-tender. Remove from skillet. Add oil to skillet. Add chicken and stir fry 3 to 5 minutes or until chicken is tender and no longer pink. Return vegetables to skillet. Add salsa and cook until heated through.

To serve, divide chicken mixture evenly among tortillas. Top with shredded lettuce and tomatoes if desired. Dollop with yogurt and sprinkle with green onion. Roll up tortillas. Makes 4 servings.

HAWAIIAN SWEET & SOUR SPARERIBS

BY: Gloria Grant, Chair
Crime Stoppers Board of Directors

Sauce:
1/2 cup finely diced onion
1/4 cup diced green pepper
2 8-oz. cans tomato sauce
1 T. Worcestershire sauce
1/3 cup cider or wine vinegar
1 #2 can pineapple tidbits
1/4 cup brown sugar
1/2 tsp. dry mustard

Sprinkle spareribs with salt and pepper. Place in shallow roasting pan. Bake at 350° for 1 hour 15 minutes. Drain off all grease. Pour over ribs and let bake for 45 to 50 minutes longer, basting frequently.

CATCH 'EM EASY CHILI

BY: Diane Oberquell
Thurston County Commissioner

Brown together:

1 onion, chopped
1 lb. ground beef
Salt and garlic to taste

Add:

1 8-oz. can tomato sauce
1 can tomato soup
1 15-oz. can kidney beans, not drained
1 T. chili powder (or more to taste)

Heat and serve.

Happy eating!

GOD'S OWN CHICKEN

BY: Janet and Gene Dolan, Board Member
Crime Stoppers Board of Directors

1 pkg. sliced mozzarella cheese
2-3 chicken breasts, skinned and boned
2 cans golden mushroom soup
1/2 cup flour
1/2 cup grated parmesan cheese
1/2 cup crushed corn flakes
1/2 tsp. pepper
1 T. Italian seasoning
2 tsp. coriander
1 egg
3 T. milk
2 cloves crushed and minced garlic (or more if you like)
1/4 cup chopped onion
3 T. butter
3 T. oil
A touch of vino

Cut chicken breasts in half, place between two pieces of waxed paper and beat the heck out of them until they are fairly thin.

Mix together flour, parmesan cheese, corn flakes, pepper, Italian seasoning, and coriander in flat bowl.

God's Own Chicken (continued)

In blender, mix egg, milk, garlic and onion and whip until thin. Pour into second flat bowl.

Melt butter, oil and vino in large frying pan. Dip chicken breasts into egg mixture and then roll in flour mixture. Fry on medium heat for 2 minutes on each side.

Place breasts in large casserole pan, place a piece of mozzarella cheese on each and add soup over top.

Bake at 350° for 45 minutes. Serve with rice.

SIMON & GARFUNKEL CHICKEN

BY: Sandra Delane, Lacey Mortgage Co.

4 skinless chicken breasts
2 T. parsley flakes
1/4 tsp. sage
1/4 tsp. rosemary
1/4 tsp. thyme
4 slices of mozzarella cheese
3/4 cup white wine
1 cup butter
1/2 cup flour
1 egg, beaten
1/2 cup bread crumbs
Salt and pepper

Sprinkle chicken with salt and pepper. Place chicken smooth side down. Wipe with butter. Place slice of cheese on each. Roll and secure with toothpicks.

Roll each in flour, then eggs, then bread crumbs. Place side by side in baking dish. Set aside.

Combine spices with melted butter and spread over chicken. Bake at 350° for 30 minutes. Pour white wine over chicken. Bake for an additional 30 minutes.

CRANBERRY CHICKEN

BY: Judy Kephart, Centennial Bank

4 chicken breasts, boneless and skinless
16 oz. whole fresh or canned cranberries
3/4 cup orange juice
1/4 tsp. cinnamon
1/4 tsp. ginger
3/4 cup chopped onions

Combine all ingredients except chicken and bring to near boiling. Place chicken in non-stick baking dish in pre-heated 350° oven. Baste every 10 minutes (3 to 4 times) for 35 to 40 minutes. Serve balance of sauce on plate over chicken.

GERMAN SKILLET DINNER

BY: Art & Carol Getchman, Past Member
Crime Stoppers Board of Directors

1 T. margarine
1 can (16 oz.) sauerkraut, undrained
1/2 cup rice
1/2 cup chopped onion
1 lb. ground chuck
1-1/4 tsp. salt
1/4 tsp. pepper
1 can (8 oz.) tomato sauce

In large skillet, heat margarine until melted. Spread sauerkraut evenly over margarine in skillet. Sprinkle with rice, then onion. Top with ground chuck, salt, pepper and tomato sauce. Cover skillet and cook over low heat 25 to 30 minutes or until rice is tender.

Makes 4 servings.

TACO CREPES

BY: Diane Schuder
Lacey Police Department

Crepes:
2/3 cup uncooked cream of wheat
1/3 cup flour
1-1/2 cup milk
2 eggs
1 T. oil
1/4 tsp. salt

Filling:
3/4 lb. lean ground beef
1 cup chopped onion
1 cup chopped green pepper
1 clove garlic, crushed
1 can chili w/o beans
1 8-oz. can tomato sauce
1/2 tsp. chili powder

Mix cereal, flour, milk, eggs, oil, and salt with wire whisk. Make crepes and keep warm between paper towels.

Brown meat, onion, garlic, green pepper. Drain well. Add chili, tomato sauce, chili powder. Add cheese if desired. Spoon into center of crepe and fold sides over. Place seam down in shallow baking dish. Sprinkle cheddar cheese over top and bake 10-15 minutes until melted. Serve with sour cream.

JOHN WAYNE'S CHEESE CASSEROLE

BY: Karen Reynolds, Centennial Bank
Board Member, Crime Stoppers

2 cans diced green chilis
1 lb. grated cheddar cheese
1 lb. grated Monterey Jack cheese
1 T. flour
1 small can (5 oz.) can evaporated milk
4 egg yolks and whites

Separate egg yolks from whites. Beat evaporated milk and flour with egg yolks. Season with salt and pepper. To this add stiffly beaten egg whites and fold in. Mix cheeses and chilis in buttered casserole dish. Pour egg mixture over cheese and ooze through with a fork.

Bake at 325° for 1 hour. May be served with tortilla chips.

POTATO CASSEROLE

BY: Karen Reynolds, Centennial Bank
Board Member, Crime Stoppers

6 medium potatoes, peeled, cooked (firm), grated
1/4 cup butter
1 can cream of mushroom soup
1 cup sour cream
1/2 cup chopped green onion
1-1/2 cups grated cheddar cheese

Heat together butter and soup. Stir in sour cream, green onion and cheese.

Mix well and put in buttered 2-1/2 quart casserole dish. Bake uncovered for 45 minutes at 350°.

MOCK RAVIOLI

BY: Eileen Fallanthal
Washington State Supreme Court

2 medium chopped onions
1 garlic clove, chopped
3 T. olive oil
2 lb. ground beef
1/2 lb. fresh mushrooms
2 cans tomato sauce
1 can tomato paste
1-1/2 cup water
1-1/2 T. mixed Italian herbs
Salt

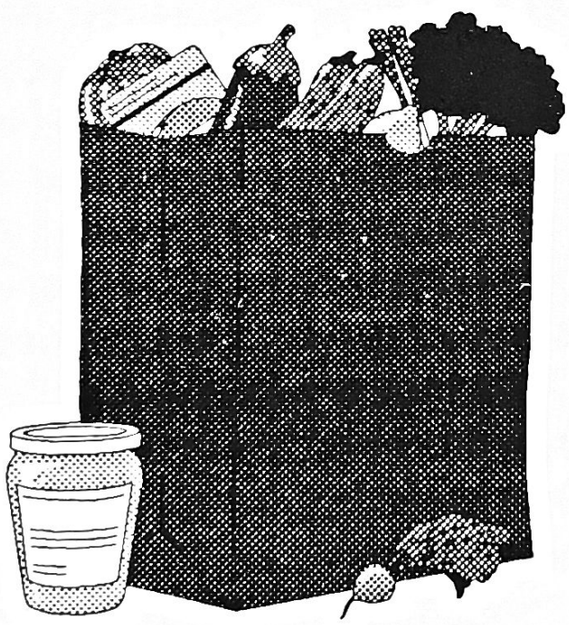
Brown beef, drain, and mix with other ingredients.
Simmer slowly for 2 hours. While cooking, mix together:

1/2 cup olive oil
2 boxes frozen chopped spinach, cooked
1/2 cup minced parsley
1 cup soft bread crumbs
1-1/2 cup grated parmesan
1 garlic clove, chopped
1 tsp. each sage and salt
4 beaten eggs

Mock Ravioli (continued)

Cook 1 lb. seashell macaroni. Grease large deep casserole dish. Layer macaroni, spinach mix and sauce, making sure sauce is left on top.

Bake at 350° for 45 minutes.



MOM'S MEATLOAF

BY: Officer Mark Curtis (Marilyn Curtis)
Thurston County Sheriffs Office

2 lbs lean hamburger
2 eggs
1/2 cup oatmeal
1/2 cup of one of the following: applesauce, tomato sauce, or ketchup with water
Bit of worcestershire sauce
Salt and pepper
Garlic
Onion, minced, or onion soup mix
Mustard
A little Johnny's Dock salt

Mix all together. Add mozzarella cheese in middle if desired. Cook for 1 to 1-1/2 hours at 350° until appearing slightly overdone on ends.

SAUCY SEA SHELLS

Submitted by: Nancy Thompson
Office of the State Attorney General

1 lb. lean ground beef
1 medium onion, chopped
1 tsp. salt
1 clove garlic, minced
1 can (28 oz.) tomatoes
1 can (15 oz.) tomato sauce
1/2 cup burgandy wine
1/2 cup grated parmesan cheese
3/4 tsp. sugar
1 12-oz. pkg. large sea shell macaroni
2 T. chopped parsley

Brown mean and onion, discarding fat. Add remaining ingredients except shells and parsley. Cover and simmer one hour. Cook shells as directed. Mix sauce with hot cooked shells and sprinkle with parsley.

HUNTER'S STEW

BY: Tim Schuder, Blind Rehab Clinic
American Lake Veterans Hospital

Fast and easy recipe for camp site.

2 cans alphabet vegetable soup
1 lb. hamburger
1 can kidney beans

Brown meat and drain. Add soup and beans. Do not add water unless necessary. Heat and serve.

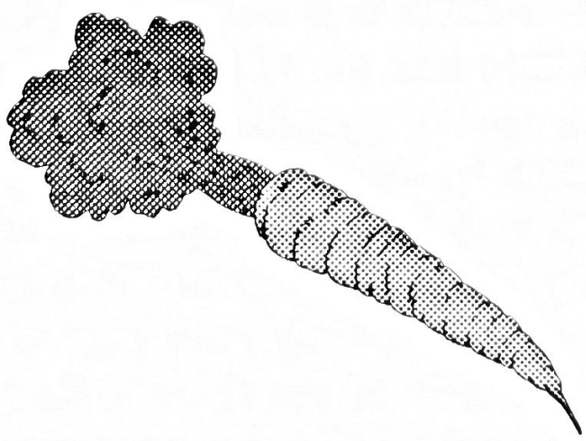
May be varied as desired by adding canned vegetables such as corn, green beans, potatoes, etc.

BURGANDY BEEF

BY: Karen Reynolds, Centennial Bank
Board Member, Crime Stoppers

1 round steak, cut into pieces
1/8 to 1/4 cup burgandy wine
3/4 cup water
2 beef boullion cubes
3 to 4 medium carrots, sliced
1/2 lb. fresh mushrooms, sliced

Coat meat with seasoned flour and brown in 2 T. vegetable oil. When meat is brown, add all ingredients except mushrooms and continue cooking for 15 to 20 minutes. Add mushrooms and heat through. Serve with buttered poppy seed noodles.



BACON FRIED BROWN RICE

BY: Art & Carol Getchman, Past Member
Crimes Stoppers Board of Directors

3/4 cup brown rice
1 8-oz. pkg. sliced bacon, diced
Salad oil
4 eggs
1 T. soy sauce

About 1-1/4 hours before serving in 3 qt. saucepan over high heat, heat brown rice and 2 cups water to boiling. Reduce heat to low. Stir rice with fork. Cover and cook about 45 minutes or until rice is tender and all liquid is absorbed. Fluff rice with fork to separate grains.

Meanwhile, in 12-inch skillet over medium low heat, cook diced bacon until crisp and browned. With slotted spoon, remove to paper towels to drain. Discard bacon fat. Wipe skillet clean.

When rice is done, in same skillet over high heat, heat 2 T. salad oil until very hot. In medium bowl, beat eggs with fork slightly. Pour egg mixture into hot oil and cook, stirring quickly and constantly until eggs are the size of peas and leave the side of the skillet. Reduce heat to low and gently stir in cooked rice, bacon, soy sauce and 1 T. salad oil. Heat through. Makes 4 servings.

ONE POT DINNER

BY: Jacque Moore, CDC Marketing
Crime Stoppers Board of Directors

1/2 lb. hamburger
3/4 lb. bacon, cut up
1 cup chopped onions
2 cans pork and beans (15 oz.)
1 cup kidney beans
1 cup lima beans
1 cup ketchup
1/4 cup brown sugar
1 tsp. liquid smoke
1 tsp. salt
3 tsp. white vinegar
dash pepper

Brown beef in skillet. Drain and place in crock pot. Brown bacon and onions. Drain and place in crock pot, along with remaining ingredients. Cover and cook on low 4-9 hours.

"REAL" MACARONI & CHEESE

BY: Pam Vladeff, Lacey Branch
Centennial Bank

1 cup macaroni
1 cup grated cheddar cheese
2 eggs
2/3 cup milk
1/2 tsp. salt
1/8 tsp. paprika
A few grains cayenne pepper

Boil and drain macaroni and place in layers with 1/2 cup cheese in buttered baking dish. Beat remaining ingredients (except cheese) until blended. Pour over macaroni. Sprinkle top with remaining cheese (and optional 1/4 cup bread crumbs and paprika).

Bake at 350° for 40 to 50 minutes til bubbly all over and brown around edges.

COMPANY POTATOES

BY: Gail Sanders, Records Custodian
Thurston County Sheriffs Office

Thaw 1 large package (#2) of frozen hash brown potato chunks.

Melt 1/4 cup butter or margarine. Heat one can of cream of chicken soup and add butter. Stir in 2 cups sour cream.

Pour mixture over potatoes.

Spread 1-1/4 cups shredded cheddar cheese and 1/3 cups chopped green onion over the potatoes.

Bake uncovered at 350° for 45 minutes.

Serves 10.

ITALIAN CHICKEN

BY: Diane McClanahan, Lacey business owner

1 T. oil or shortening
4 boneless, skinless chicken breasts
15 oz. Prego or Ragu spaghetti sauce
1 cup grated cheddar cheese
1 cup grated mozzarella cheese
1/2 cup sliced black olives (optional)

Preheat oven to 350°.

Brown chicken breasts in oil on stove top and place browned chicken in glass baking dish. Cover with spaghetti sauce and then cheeses.

Bake 45 minutes at 350°. Garnish with olives if desired.

Serve with green salad and garlic bread.

MEXICAN TACO BARS

by: Mary Knudson, Shelton Branch
Centennial Bank

2 pkg. crescent rolls
1 can refried beans
8 oz. sour cream
2 T. taco seasoning

Unroll biscuits and spread over a cookie sheet. Bake at 375° for 15 to 19 minutes. Cool.

Spread crust with beans, sour cream and taco seasoning.

Top with:

1/2 to 3/4 cup salsa
1 to 2 chopped green peppers
1 medium onion, chopped
1 small head lettuce, shredded
2 tomatoes, diced
8 oz. shredded cheddar cheese

Cut in small squares and serve.

ZUCCHINI LASAGNE

BY: Florence Llindsey, Community Volunteer
Monterey, CA

1/2 lb. ground beef
1/3 cup chopped onion
1 15-oz. jar Ragu sauce
1/2 tsp. each salt and oregano
1/4 tsp. basil
1/8 tsp. pepper
4 medium zucchini
1 cup ricotta cheese
1 egg
2 T. flour
1/4 lb. mozzarella cheese
Grated parmesan cheese

Make sauce with first 7 ingredients. Simmer about 10 minutes. Slice zucchini into 1/4-inch slices. Layer zucchini in bottom of casserole dish. Sprinkle with salt and pepper and 1 T. flour. Spread ricotta, then mozzarella, then meat sauce. Repeat layering, ending with parmesan cheese on top.

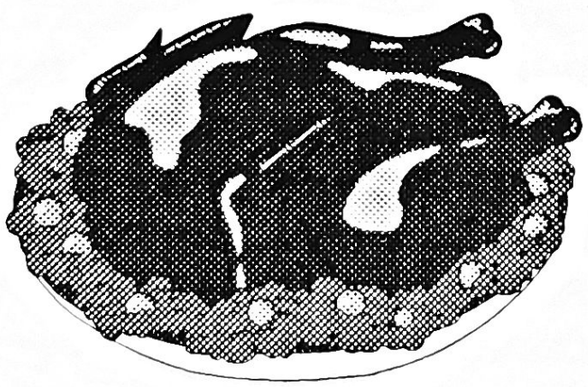
Bake at 375° for 1 hour or until done.

COUNTRY CHICKEN SUPREME

BY: Janet Slater, Centennial Bank

4 chicken breasts
2/3 cup 7 Seas Buttermilk dressing (bottled)
3/4 cup bread crumbs
Parsley, pepper and celery salt

Sprinkle parsley, pepper and celery salt over chicken and dip in dressing. Marinate at least 2 hours. Roll chicken in bread crumbs and bake at 350° for one hour or until tender.



CHICKEN STROGANOFF MALASPINA

BY: Dee and Dave Kirk
Crime Stoppers Board of Directors

This recipe was given to us by the chef on M.V. Malaspina, one of the ships in the Alaska Marine Highway Fleet.

Saute and cook quickly in a hot pan or wok.
2 whole chicken breasts, boned and cut in strips
1 small onion, cut in half and sliced
2 cups fresh mushrooms, sliced
2 cups chicken gravy, thick and rich tasting, made from fresh chicken stock or canned broth
White wine
Sour cream to taste

Melt 1/2 cube butter (or olive oil) in pan and heat just until it starts to turn brown. Add chicken all at once. Stir occasionally as chicken starts to brown. When half done (still pink inside), move to side of pan. Add another 1/2 cube of butter. When butter melts, add onions. When onions start to wilt, add mushrooms. When mushrooms soften, stir all ingredients together. Add 4 oz. white wine. When it comes to a boil, add hot gravy. Return to a boil and remove from heat. Stir in sour cream to taste. Serve over noodles or rice. Can season with white pepper and garlic powder.

RUMLE (NORWEGIAN POTATO DUMPLINGS)

BY: Officer Mark Curtis and Nereim families
Thurston County Sheriffs Office

Buy either a chunk of ham or a ham bone with plenty of meat attached. (Can also use lamb). Boil in huge pot for one hour.

While the water is cooking, mix 6 cups of peeled and grated potatoes (well-drained), with 4-1/2 cups flour and 3 tsp. salt. Mix all until very thick. You may need to add a bit of flour to thicken if necessary. The mix should be the consistency of peanut butter and difficult to scrape from fingers.

Use a large serving spoon and your hand to make one round ball. (Some cooks put a chunk of meat in the middle of the ball). Drop the dumpling into the boiling broth. Slow boil for 1-1/4 hour. Test with a fork to assure it is cooked in the middle.

Make plenty and invite company. Consume with generous chunks of butter or margarine until you can feel the cholesterol flowing freely in your veins. No swimming for two hours. These dumplings are called "sinkers" for a reason! At breakfast time, you may cut thin and cook in fry pan.

BEEF BRISKET

BY: Janet Slater, Centennial Bank

4-5 lb. beef brisket
Garlic powder
Onion, sliced
1 bottle Heinz chili sauce
1/2 cup cider vinegar
8 T. brown sugar
2 cups water

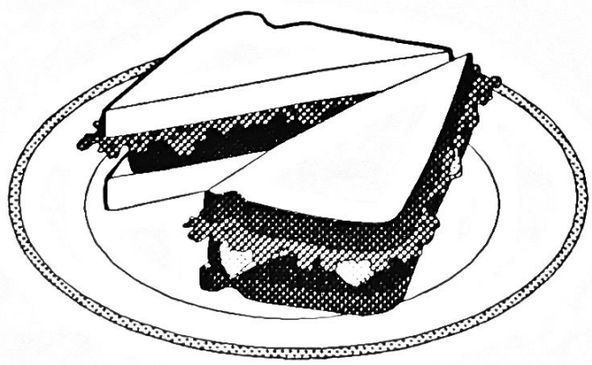
Sprinkle garlic on brisket. Mix remaining ingredients together and pour over roast. Bake at 350° for 3 hours. One hour before the roast is done, put in refrigerator for about an hour, then slice. Return to pan with juices and cook additional hour.

TUNA FISH SANDWICHES

BY: Areta Rodriguez, LPN, Blind Rehab Clinic
American Lake Veterans Hospital

1 can tuna
2 apples, chopped
1/2 cup chopped nuts (walnut or pecan)
1 cup mayonnaise or Miracle Whip

Mix well and prepare on whole wheat bread.



STUFFED BURGER BUNDLES

BY: Nancy Thompson
Office of the Attorney General

1 cup herbed seasoned stuffing mix
1/3 cup evaporated milk
1 egg
1-1/2 lbs. very lean ground beef
1 can mushroom soup
1 T. ketchup
2 T. Worcestershire
Salt and pepper to taste

Prepare stuffing mix according to package directions. Set aside.

Combine meat, milk and egg. Make six large patties. Put 1/6 of stuffing on each meat patty and wrap meat around the stuffing. Place in baking dish. Combine mushroom soup, ketchup, Worcestershire and pepper. Pour over burger bundles. Cover and bake 45 minutes at 350°.

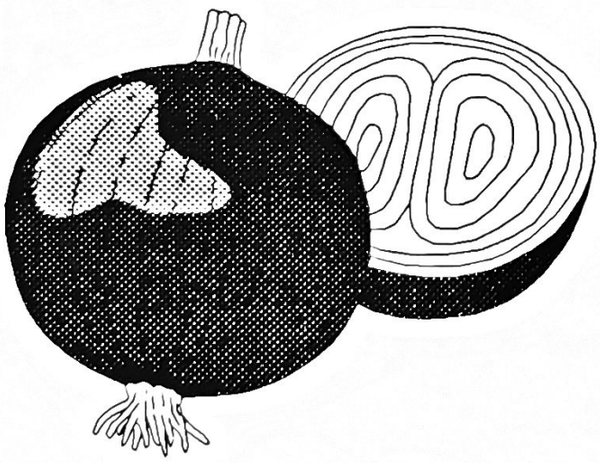
Note: Do not use instant rice.

EASY ONIONY MASHED POTATOES

BY: Janet Slater, Centennial Bank

Make potatoes for 8 or use instant mashed potatoes.

Add 1 8-oz. pkg. cream cheese and chopped onion to taste. Blend all ingredients to desired consistency. Place in 8" cake pan and sprinkle top with Durkees onion rings (about 1/2 can. Bake at 350° for 25 minutes or until golden brown and heated through.



CREAMY MASHED POTATO CASSEROLE

BY: Nancy Thompson
Office of the Attorney General

2-1/2 lbs. potatoes, peeled and quartered
Salt
1 3-oz. pkg. light cream cheese
1 tsp. chopped chives
1/4 tsp. garlic salt
1/8 tsp. pepper
3 T. butter or margarine (divided)
1 cup heavy cream (OR 1/2 cup light sour cream and milk to get consistency desired)
Paprika

Boil potatoes in salted water until tender. Drain and mash. Add cream cheese, chives, garlic, salt, pepper, 1/2 tsp. salt (optional) and 2 T. butter. Mix until well-blended. Gradually add cream and beat until light and fluffy. Pour into greased 8-inch square baking dish. Can be refrigerated overnight.

Dot with 1 T. butter, sprinkle with paprika and bake at 350° for 45 minutes.

If refrigerated, let stand 10 minutes and bake 45 to 50 minutes. Serves 6.

MEAT LOAF

BY: Janet and Gene Dolan, Board Member
Crime Stoppers Board of Directors

1-1/2 lb. ground beef
1 cup medium cracker crumbs
3 beaten eggs
1 8-oz. can tomato sauce
1-1/2 tsp. salt
1 medium bay leaf, crushed
Dash of thyme
Dash of marjoram
1/2 oz. mozzarella cheese, cubed
1 T. Worcestershire sauce
1 pkg. onion/mushroom soup mix

Combine all and mix well. Shape in a loaf in shallow baking pan. Bake at 350° for one hour. The last 15 minutes, cover with 3/4 cups chili sauce mixed with 1/4 cup brown sugar.

ENCHILADA CASSEROLE

BY: Nan Thomas, Staff Attorney
Washington State Supreme Court

1-1/2 ground chuck
1 small onion
1 pkg. (1-1/4 oz.) taco seasoning mix
1 cup water
1 bottle taco sauce (use 1/2 cup for each 5 tortillas)
10 corn tortillas
2 pkgs. (10-oz. each) frozen chopped spinach, thawed
3 cups shredded jack cheese
1/2 lb. cooked sliced ham, diced
1 cup sour cream

Combine beef and onion in a frying pan and brown over high heat, stirring meat to crumbly. Stir in taco seasoning mix and water. Cover and simmer 10 minutes.

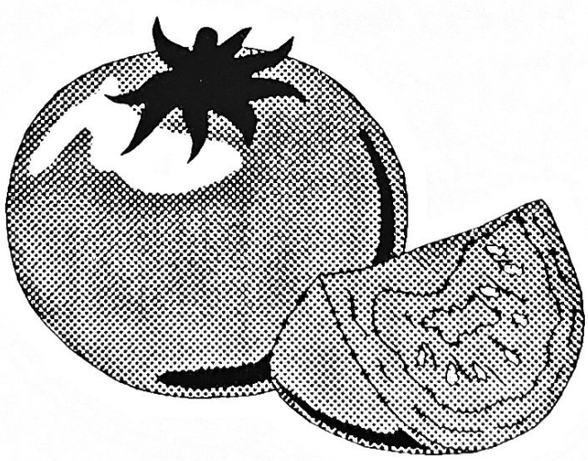
In 2-1/2 to 3 quart casserole, spoon half the taco sauce into it. Turn five of the tortillas in the sauce to coat lightly and spread them, overlapping, in the bottom of dish.

Press out water from spinach and stir 1/2 of spinach into the beef. Spoon the beef mixture over the tortillas in casserole and sprinkle with half cheese.

Enchilada Casserole (continued)

Cover with remaining tortillas, overlapping, and spread the balance of taco sauce over them. Distribute ham on top and spread with sour cream. Scatter the spinach over the cream and top evenly with cheese (or just combine sour cream, ham and spinach together and spread over tortillas).

Bake at 375° for 50 minutes. Cover the first 25 minutes. If made the day before and refrigerated, bake at 375° for 1 hour and 10 minutes. Cover the first 35 minutes.



NANCY'S PORK CHOPS

BY: Nancy Thompson
Office of the Attorney General

Trim 4 to 6 boneless pork loin chops. Sprinkle with Lawry's seasoned pepper. Brown well. Drain fat from pan.

Mix together:

1/2 cup pineapple juice (from 1 8-oz. can pineapple chunks
1/4 cup sherry
1/4 cup Kikkoman Stir Fry sauce

Pour over chops. Cover and simmer 30 minutes. Add pineapple chunks and heat. Serve with rice and stir fried vegetables.

EASY PILAF

BY: Nancy Thompson
Office of the Attorney General

1/4 cup butter (or less)
1/2 cup finely broken vermicelli
1 cup long grain white rice
2 cups boiling beef broth
Salt and pepper to taste

Melt butter in heavy saucepan with cover. Add broken vermicelli and cook, stirring until lightly browned. Add rice and cook 2 to 3 minutes, stirring until coated with butter. Stir in boiling beef stock, salt and pepper. Cover and simmer for 20 to 25 minutes. Makes 4 generous servings.

BREAKFAST PIZZA

BY: Diane Schuder
Lacey Police Department

Great for kids' slumber parties!

1 lb. pork sausage
1 pkg. (8) crescent rolls
1 cup frozen hash browns, thawed
1 cup shredded sharp cheddar cheese
5 eggs
1/4 cup milk
1/2 tsp salt
1/8 tsp. pepper
2 T. grated Parmesan cheese

Fry sausage until brown. Drain fat. Place rolls in round pizza pan and press out to form a crust.

Spoon sausage over crust and sprinkle with potatoes. Top with cheese.

In bowl beat eggs, milk, salt and pepper. Pour over crust. Sprinkle with Parmesan cheese.

Bake at 375° for 25-30 minutes.

CAROLE RESSLER'S CHICKEN CASSEROLE

BY: Nancy Thompson
Office of the Attorney General

4 boneless whole chicken breasts
1 can cream of mushroom soup
1 can cream of celery soup
1 cup sour cream
1/4 to 1/2 cup mayonnaise
1/4 to 1/2 cup white wine
1 8-oz. can sliced mushrooms, drained
2 pkgs. (6-serving size) Stove Top stuffing mix for chicken
Chopped fresh parsley

Poach chicken breasts in water to cover 12 to 15 minutes. Remove chicken and cube. **SAVE BROTH.** In bowl mix soups, sour cream, wine, parsley and mushrooms. Add cubed chicken. Pour into greased 13x9 inch baking dish.

Make stuffing according to package directions using broth for water. Top chicken mixture with stuffing mix. Bake at 350° for 25 to 35 minutes until bubbly.

(Can also be baked in two 8-inch square baking dishes, or recipe can be halved).

Makes 8 to 10 servings.

CHEESE ENCHILADAS

BY: Nancy Thompson
Office of the Attorney General

1 large onion, chopped
1 4-oz. can chopped green chilis
1 can chopped ripe olives
1/2 lb. grated cheddar cheese
1/2 lb. grated jack cheese
2 hard cooked eggs, chopped
12 corn tortillas
2 cans enchilada sauce

Combine first six ingredients. Heat thawed tortillas in sauce by dipping (or fry quickly in hot oil), place 1-3 tablespoons cheese mixture in center and roll up. Place seam side down in greased 9x13 baking dish in which some sauce has been spread on the bottom. Repeat until all tortillas and filling are used. Cover with remaining sauce. Cover pan lightly with foil and bake in 350° oven 25-30 minutes or until cheese melts.

SLOPPY JOES

BY: Nancy Thompson
Office of the Attorney General

Brown 1 to 1-1/2 lbs. lean ground beef (or turkey) and 1 chopped onion.

Mix together and add to meat:
1 8-oz. can tomato sauce
1/4 cup ketchup
2-1/2 T. Worcestershire sauce
2 T. mustard
2 T. sugar
2 T. vinegar
1/4 tsp. black pepper
1 tsp chili powder

Simmer 30 minutes. Serve over toasted and buttered hamburger buns or on baked potatoes or ???.

Note: can use 1/2 lb. meat and 1 16-oz. can of kidney beans or pinto beans.

SPANISH RICE

BY: Nancy Thompson
Office of the Attorney General

1 lb. ground beef
1/2 cup chopped onion
1/4 cup chopped green pepper
1 tsp. salt (optional)
1/8 tsp. chili powder
1/2 clove garlic, minced
1 can tomato soup
1 cup water
1 tsp. Worcestershire sauce
1/3 cup uncooked regular rice

Brown meat, onion, pepper and garlic. Remove fat. Add remaining ingredients. Cover and cook, stirring often, for 30 minutes.

Note: Do not use instant rice.

PORCUPINE MEATBALLS

BY: Nancy Thompson
Office of the Attorney General

1 can tomato soup
1 lb. lean ground beef
1/4 cup uncooked rice
1 egg
1/4 cup chopped onion
2 T. chopped parsley
Salt, pepper, garlic powder or salt
1 cup water

Mix 1/4 of the soup with all but water. Make into balls and brown in skillet. Blend in soup and water. Cover and simmer 40 minutes.

Serve with bread, salad or green beans.

EASY PORK CHOPS

BY: Nan Thomas, Staff Attorney
Washington State Supreme Court

Brown 6-8 pork chops

Mix together:
1/2 cup catsup
1 tsp celery seed
1/2 cup vinegar
1/2 tsp nutmeg
1 cup water
1 bay leaf
1 tsp salt

Pour over chops and bake at 325° for 1 hour.

SPAGHETTI SAUCE

BY: Nan Thomas, Staff Attorney
Washington State Supreme Court

Brown 1 chopped onion and 1 lb. ground beef. Drain off any fat and set aside.

In large kettle, combine:
1 large can tomatoes
2 small (or one large) cans tomato paste and 1 small can water
1 T. sugar
2 T. spaghetti seasoning
1/2 green pepper, chopped
Parmesan cheese to sprinkle over
Garlic powder to taste
1 can mushrooms, drained

Add browned beef and onions and simmer 3 hours. Add salt and pepper to taste.

HAWAIIAN CHICKEN

BY: Nan Thomas, Staff Attorney
Washington State Supreme Court

2 fryers, cut-up, or 8 chicken breasts

Flour and dust with seasoned salt. Roll in 1/2 cup melted butter. Cook at 350° for 40 minutes.

Sauce
1 cup orange juice
2 T. lemon juice
1/2 cup brown sugar
1 T. soy sauce

Combine and heat. Then thicken with 1 T. cornstarch.

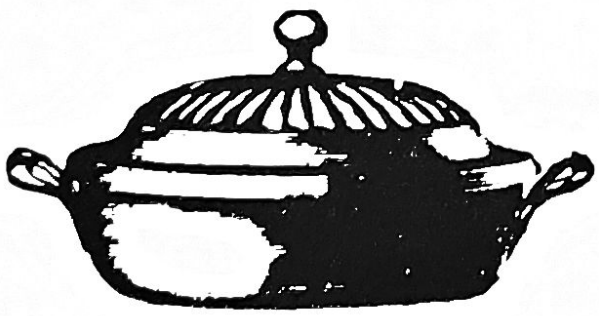
Pour over chicken and add chunks of pineapple and sliced papaya. Heat and serve.

MOM'S PINTO BEANS

BY: Nan Thomas, Staff Attorney
Washington State Supreme Court

1 lb. pinto beans
2 small or 1 large cans tomato sauce
2 onions, chopped fairly fine
Piece of ham hock or Canadian bacon or any sausage, cut-up 1 to 2 T. worchestershire sauce
1 green pepper, chopped (optional)

Soak beans in hot water for an hour or overnight. Mix all ingredients and add enough water to cover beans well. Cover and simmer about 2 hours. Add water as needed.



CHICKEN CHILI BEANS

BY: Nan Thomas, Staff Attorney
Washington State Supreme Court

1 lb. pinto beans

Soak overnight or bring to a boil and let sit off burner for 1 hour.

2 chopped onions
2 T. olive oil
4 cups water
2 cloves garlic
1/4 lb. jack cheese
2 tsp. salt
1 small can diced Ortega chiles
3 whole chicken breasts, diced
1 sliced green pepper
Chili powder to taste

Soak beans overnight and drain. Saute onions, garlic, chili powder and salt in olive oil. Add to beans and water and simmer 1-1/2 hours. Add chiles and simmer 30 minutes. Add chicken and green pepper and simmer 30 minutes. Sprinkle cheese on top.

SALLY PEARSON'S BURGUNDY MEATBALLS

BY: Nancy Thompson
Office of the Attorney General

1 lb. lean ground beef
1 cup dried bread crumbs
1 T. cornstarch
1 egg. well-beaten
1/4 cup finely minced onion
1/4 tsp. allspice
1 tsp. salt (optional)
1 cup milk or light cream

Mix lightly but well. Shape into small balls and brown in hot oil. Drain on paper towel. Then add to:

2 cups beef broth (or 2 cups water and 2 bouillon cubes)
1 cup burgundy wine

Simmer covered in sauce for 30 minutes. These are even better the second day after sitting overnight in the sauce. Makes 4 servings.

CHICKEN TORTILLAS

BY: Florence Lindsey, Community Volunteer
Monterey, CA

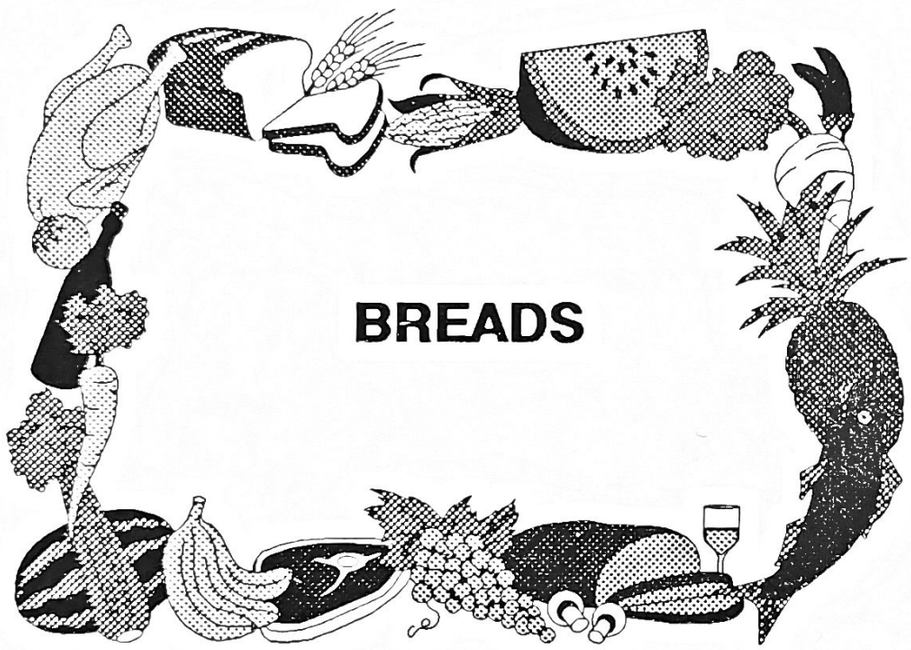
Four chicken breasts, salted and peppered

Cook for 2 hours or until tender, wrapped in foil, at 350°. Save any broth to mix later with soup.

12 corn tortillas
1 small can Ortega chilies, diced
1 lb. of cheddar cheese, diced
1 can of cream of chicken soup
1 can of cream of mushroom soup
1 onion, minced
1/2 cup milk

Bone chicken breasts and break into large pieces. Slice the tortillas in strips one inch wide. Combine soups, onion, chilies and chicken broth. Arrange layers of tortillas, chicken, soup mixture and cheese in flat baking dish, ending with a top layer of cheese. Pour milk over all. Bake 1 hour at 300.

Tastes even better if it stands 2 or 3 hours or overnight. Can be prepared and frozen for later baking.



BREADS

PUMPKIN BREAD

BY: Gail Sanders, Records Custodian
Thurston County Sheriffs Office

1-1/2 cups sugar
1/2 cup salad oil
2 eggs
1 cup pumpkin (canned or fresh mashed)

1-1/2 cups flour
1 tsp. baking soda
1/4 tsp. baking powder
3/4 tsp. salt
1/2 tsp. cinnamon
1/4 tsp. nutmeg
1/2 cup walnuts
1/2 cup dates

Mix first four ingredients well. Mix dry ingredients and add to mixture. Add walnuts and dates if desired.

Bake at 350° for one hour.

INSTANT LEMON MUFFINS

BY: Janette Ost, Management Analyst
Fort Lewis

2 cups flour
1 T. baking powder
1 tsp. salt
1 pkg. instant lemon pudding
1 T. sugar
1/4 cup oil
1-1/3 cups milk
Powdered sugar (optional)

Sift together flour, baking powder, salt and sugar. Mix in lemon pudding. Combine oil and milk. Add liquid to flour mixture all at once. Stir only until flour is moistened.

Fill 12 greased muffin cups 2/3 full. Bake at 425° for 20 to 25 minutes. Sprinkle with powdered sugar if desired.

7-GRAIN BUTTERMILK BREAD

BY: Andy Fitz, Asst. Attorney General
Licensing & Employment Security Div.

4 tsp. active dry yeast
3/4 cup warm water (100°-115°)
3/4 cup very hot water
1/3 cup honey
1-1/4 cups buttermilk, room temperature
2 T. oil or butter
5 cups whole wheat flour
3/4 cup 7 or 9 grain cereal, uncooked
2 tsp. salt

Dissolve yeast in warm water and set aside. In large mixing bowl, combine dry ingredients, making a well in center into which liquids will be poured.

In medium mixing bowl, pour honey and oil. (If using butter, wait until kneading to integrate butter into the dough). Pour hot water into the bowl, stirring to dissolve the honey and mix the oil. Add buttermilk and mix.

Pour buttermilk mixture and yeast into flour bowl. Stir by hand from center outward until all flour is incorporated, adding more warm water if necessary. Dough should be slightly soft. Turn dough onto floured board and knead for

about 20 minutes. Add flour and water as necessary to keep dough from sticking, while maintaining its soft consistency. If using butter, add in small bits toward the end of kneading. By the end, the dough should be smooth and elastic with a slight whitish cast.

Form dough into ball and place smooth side up in large bowl. Cover and place in warm, draft-free place for about 1 hour. (An oven warmed to 85 degrees works well). Test by poking a wet finger approximately 1/2" into top. If depression fills in, leave dough for a few more minutes. If it doesn't fill in, the dough is ready for the next step.

With flour hands, slowly deflate the dough by gently pressing the center and working outward towards the sides. Once the dough is deflated, turn it onto a floured board with its top side down. Gently press into a flat round about 1" thick. Reshape the dough into a ball, turning the edges of the dough into the middle so that the bottom will once again form the top of the reshaped ball. Let the dough rise a second time for approximately 1/2 hour. Deflate the dough and turn it topside down on a floured board. Flatten as described above. Divide into two halves. Shape the halves into 2 loaves with the bottom of the flattened halves forming the top of the shaped loaves. Place the loaves in two 8x4 bread pans and let them rise in a warm draft-free area for approximately 1/2 hour. The loaves should slowly return a gentle fingerprint when ready for baking.
Bake at 325° for approximately one hour.

SOFT PRETZELS

BY: Diane Schuder
Lacey Police Department

1 pkg. yeast
1-1/2 cup warm water
1 tsp. salt
1 T. sugar
4 cups flour
1 egg, beaten
Coarse salt

Measure warm water into large mixing bowl. Sprinkle on yeast and stir until it looks soft. Add salt, sugar and flour. Mix and knead dough. Roll and twist into letters, numbers, snakes, animal shapes or just pretzel shapes.

Lay twisted pretzels on greased cookie sheets. Brush with beaten egg, sprinkle with coarse salt.

Bake at 425° for 12 to 15 minutes.

BEER MUFFINS

BY: Janette Ost, Management Analyst
Fort Lewis

4 cups Bisquick
1/2 cup sugar

Stir and add 1 12-oz. can of beer.

Grease tins and fill 2/3 full. Bake at 350° for 20 minutes until brown.

Not a sweet muffin. Good served with beef stew, chili or your favorite casserole.

JALAPENO CORN MUFFINS
for stout-hearted men

BY: Janette Ost, Management Analyst
Fort Lewis

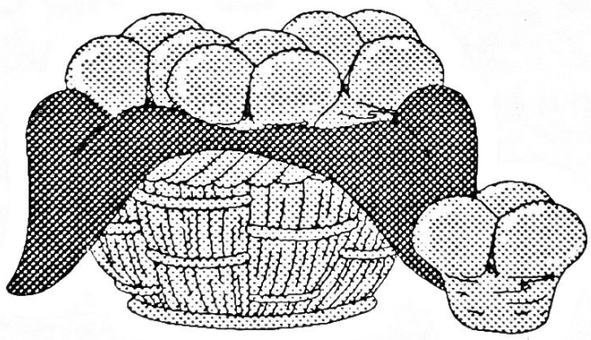
6 T. shortening
9 T. butter
1/4 cup seeded, finely chopped red pepper
1/4 cup seeded, finely chopped green pepper
4 tsp. seeded, finely chopped jalapeno or serrano peppers
1 T. finely minced garlic
2 eggs, lightly beaten
1 cup buttermilk
1/8 tsp. baking soda
1 cup flour
1-1/4 cups cornmeal
2 T. sugar
1 tsp. salt
1 T. baking powder

Preheat oven to 400°. Heat the shortening in a skillet and when it is melted, pour it into a small bowl. Heat the butter in the skillet and pour 6 T. of it into the bowl with the shortening. Let the mixture stand until cool. To the 3 T. of butter remaining in the skillet, add the red and green pepper, jalapeno or serrano peppers and garlic. Cook and stir about two minutes. Remove from heat.

Jalapeno Corn Muffins

Beat the eggs in a mixing bowl and add the cooled shortening and butter mixture. Beat well. Put the buttermilk in a cup and add the baking soda. Stir this into the egg mixture.

Sift together the flour, cornmeal, sugar, salt and baking powder into a bowl. Pour the shortening mix into the cornmeal and stir. Add the pepper mix and blend thoroughly. Spoon batter into each cup about 2/3 full. Bake 20 to 25 minutes.



PARMESAN PULL-APARTS

BY: Gloria Grant, Chair
Crime Stoppers Board of Directors

1/4 cup butter or margarine
2 tsp. parsley flakes
1/4 tsp. minced onion
1 T. grated parmesan cheese
1 pkg. refrigerator biscuits

Melt butter in small pan and pour butter into 8" cake pan. Mix parsley and onion in melted butter. Cut each biscuit into quarters. Cover bottom of pan with biscuit pieces. Sprinkle with parmesan cheese to taste.

Bake at 425° for 12 to 15 minutes. Serve rolls upside down.

THREE LAYER CORN BREAD

BY: Scott Pritchard, Spokane

One batter makes 3 layers. The corn meal settles, the bran rises, and in the middle an egg custard layer.

1 cup corn meal (coarse ground works best)
1/2 cup whole wheat flour
1/2 cup unbleached white flour
2 tsp. baking powder
1/2 tsp. salt
1 egg
1/4 to 1/2 cup honey or molasses
1/4 cup oil
3 cups milk or buttermilk

Combine dry ingredients. Combine wet ingredients. Mix together. Mixture will be quite watery. Pour into grease 9x9 pan. Bake 50 minutes at 350° or until top is springy when gently touched.

BASIC WHITE BREAD

BY: Michael L. Brown, Mayor
City of Tenino

2 pkg. dry yeast
1/2 cup sugar
1-1/2 cup lukewarm water (110°)
1 cup milk
2 T. shortening
1-1/2 tsp. salt
7 to 7-1/2 cups flour
Alternate: substitute 1/4 cup corn meal for 1/4 cup flour

Sprinkle yeast and 1/4 cup of sugar over lukewarm water in a small bowl. Stir to dissolve. Let stand 10 minutes.

Scald milk and pour over remaining 1/4 cup sugar, shortening and salt in large mixing bowl. Cool to lukewarm.

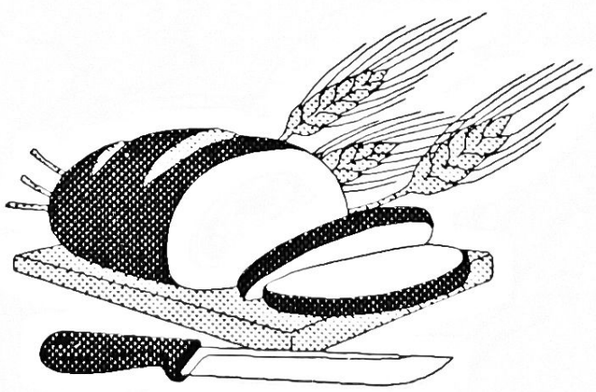
Add yeast mixture and 4 cups of the flour (or flour/corn meal) to milk mixture. Beat with mixer at medium to high speed until smooth. Gradually add enough remaining flour to make dough soft. Mix by hand. Turn dough out onto a floured surface. Knead until smooth and satiny, about 10 minutes. Should be slightly tacky to the touch.

Basic White Bread (continued)

Place in a greased bowl, turn once to coat, cover with damp cloth and let rise in a warm place (about 85°) until doubled (about 1 hour).

Punch down risen dough (be brutal). Remove from bowl, divide in half and let rest 10 minutes. Shape each half into a loaf and place into 2 greased 9x5x3 loaf pans (Pyrex is best). Cover with damp cloth and let rise in a warm place until doubled (about 1 hour). Loaves will continue to rise after being placed in the oven, so don't let them rise much over the edge of the pan before baking.

Bake at 375° for 20 to 25 minutes or until crust is brown and loaves sound hollow when tapped with the edge of a fork. Remove from pans and let cool on wire racks before slicing.



RUTH COLBURN'S CORNBREAD

BY: Gloria Grant, Chair
Crime Stoppers Board of Directors

1 cup Bisquick
1 cup corn meal
2 T. baking powder
1 cup milk
2 eggs, beaten
1/4 cup melted butter
1/4 cup sugar or honey

Mix dry ingredients. Beat eggs and add milk, butter and honey. Add this mixture to dry ingredients. Mix just until blended.

Bake at 350° in 8x8 pan for about 30 minutes.

GARLIC CHEESE BREAD

BY: Stephie Clark, Animal Services
City of Lacey

One loaf of French bread, cut length-wise.

In pan, melt 1 cube butter and 1/2 block Tillamook cheese. Dice a whole garlic to taste or use garlic powder to taste.

When melted and mixed, spread over bread. Place in oven on broil until light golden brown. Cut into slices and enjoy!

FRESH APPLE LOAF

BY: Florence Lindsey, Community Volunteer
Monterey, CA

1 cup sugar
1/2 cup soft shortening
2 eggs
3 cups sifted flour
1-1/2 tsp. baking powder
1 tsp. baking soda
1-1/2 tsp. salt
3 cups coarsely grated, peeled apple
1/2 cup chopped nuts

Cream sugar, shortening and eggs until fluffy. Sift flour, measure and sift again with baking powder, soda and salt. Add to creamed mixture with apples and nuts. Stir to stiff batter. Turn into greased and floured loaf pan.

Bake at 325° for 60 to 70 minutes. Cool thoroughly before slicing.

Makes one loaf.

MELLOW MUFFINS

BY: Janette Ost, Management Analyst
Fort Lewis

1 cup seedless raisins
2 cups sifted flour
1/3 cup brown sugar, firmly packed
3 tsp. baking powder
1 tsp. cinnamon
1/2 tsp. salt
1/4 tsp. baking soda
1 egg
2/3 cup milk
1/2 cup mashed banana
1/4 cup melted butter

Combine first 7 ingredients and set aside. Combine egg, milk, banana and butter. Mix well and add to dry ingredients. Stir until all flour is moistened. Fill 12 greased muffin pans 2/3 full.

Bake for 20 to 25 minutes at 400°. Serve immediately or freeze and use as desired.

CRANBERRY MUFFINS

BY: Jennifer Zars, City Council Member
City of Tenino

2 cups flour
1/2 cup sugar
4 tsp. baking powder
1/2 tsp. salt
2 eggs
1/4 cup cooking oil
1 cup milk
Cranberries - fresh, frozen or canned (latter requires less milk)
Walnuts (optional)

Measure flour, sugar, baking powder and salt into large bowl. Stir thoroughly. Make a well in the center.

In a separate bowl, beat eggs until frothy. Mix in oil, milk and cranberries. Pour into well. Stir to moisten. Batter will be lumpy. Grease muffin tins if necessary and fill 3/4 full. Sprinkle walnuts over muffins.

Bake at 400° for 20 to 25 minutes.

TEA SCONES

BY: Janet Stevenson, Spokane

2 cups flour
1/2 cup sugar
2 tsp. cream of tartar
1 tsp. baking soda
1/4 cup milk
3/4 tsp. salt
1/2 cup shortening
2 eggs, slightly beaten

Sift dry ingredients together. Blend in shortening. Add remaining ingredients. Mix with fork. Divide into two parts. Turn out on floured board. Flatten into 1/2-inch circles. Cut in triangles. Bake on greased floured sheet at 400° for about 15 minutes.

Makes 16.

ZUCCHINI PINEAPPLE BREAD

BY: Florence Lindsey, Community Volunteer
Monterey, CA

3 eggs, beaten
1 cup salad oil
2 cups sugar
2 tsp. vanilla

Beat until thick and foamy. Stir in:

2 cups grated zucchini
1 8-1/2 oz. can well-drained crushed pineapple

In separate bowl, combine:

3 cups flour
2 tsp. baking soda
1 tsp. salt
1/2 tsp. baking powder
1-1/2 tsp. cinnamon
3/4 tsp. nutmeg
1 cup chopped nuts
1 cup raisins

Stir gently into zucchini mixture and stir until blended. Pour into 2 greased and floured 9" bread pans. Bake for 1 hour at 350°. Cool in pans for 10 minutes and then on wire rack.

BANANA NUT BREAD

BY: Karen Reynolds, Centennial Bank
Board Member, Crime Stoppers

Sift together into bowl:

1-3/4 cups flour
2 tsp. baking powder
1/4 tsp. baking soda
1/2 tsp. salt
2/3 cup sugar

Add:

1/3 cup shortening
2 eggs
1 cup ripe mashed banana
1/2 to 1 cup chopped walnuts

Mix together until blended. Bake in loaf pan for 45 minutes to 1 hour at 350°.

BLUEBERRY MUFFINS

BY: Janette Ost, Management Analyst
Fort Lewis

1 cup blueberries
Granulated sugar
2 cups sifted flour
3 tsp. double acting baking powder
1 tsp. salt
1 egg
1 cup milk
6 T. melted shortening

Pre-heat oven to 425°. Grease muffin pan well.

Sift together flour, baking powder, salt and 2 T. sugar.

In mixing bowl, beat egg until frothy. Add milk and shortening and mix well. Make small well in center of flour mixture and pour in milk mixture all at once. Stir quickly and lightly - don't beat - until just mixed but still lumpy. Quickly stir in berries.

Quickly fill muffin cups 2/3 full with batter. Wipe off any spilled drops. If batter does not fill all cups, fill empty ones with water to keep grease from burning. Sprinkle tops of muffins with sugar. Bake 25 minutes.

SCONES

BY: Florence Lindsey, Community Volunteer
Monterey, CA

3 cups sifted all purpose flour
2-1/2 tsp. baking powder
1/2 cup sugar
1/2 tsp. baking soda
1 tsp. salt
3/4 cup unsalted butter
3/4 cup (or more) golden raisins or fresh blueberries
1 cup whole buttermilk

Combine flour, baking powder, sugar, baking soda and salt. Mix well. Mix in butter until course meal stage. Add raisins to coat well. Add buttermilk and mix with hands until dough clings together and bowl is clean. Pinch nice size rounds and form a ball. Press top a little, keeping scone thick. Mark a cross (just indent). Bake in preheated 450° oven for 15 minutes. Cool slightly. Serve hot or cold.

ZUCCHINI NUT LOAF

BY: Margie Roundy, Centennial Bank

1-1/2 cups flour
1 tsp. cinnamon
1/2 tsp. baking soda
1/2 tsp. salt
1/2 tsp. ground nutmeg
1/4 tsp. baking powder
1 cup sugar
1 cup finely shredded zucchini
1 egg
1/4 cup cooking oil
1/4 tsp. lemon juice or peel
1/2 cup chopped walnuts

Heat oven to 350°.

In mixing bowl, stir together flour, cinnamon, baking soda, salt, nutmeg and baking powder. Set aside.
In mixing bowl, beat together sugar, shredded zucchini and egg. Add oil and lemon juice. Mix well. Stir in flour mixture. Gently fold in chopped nuts.

Turn batter into greased 8x4x2-inch loaf pan. Bake at 350° for 55 to 60 minutes, or until a wooden pick inserted near center comes out clean. Cool in pan for 10 minutes. Remove and cool thoroughly on rack. Makes one loaf.

SWEET DOUGHS

BY: Jill Wild, Centennial Bank

Mix together:

2 cups lukewarm milk
1 cup sugar
2 tsp. salt

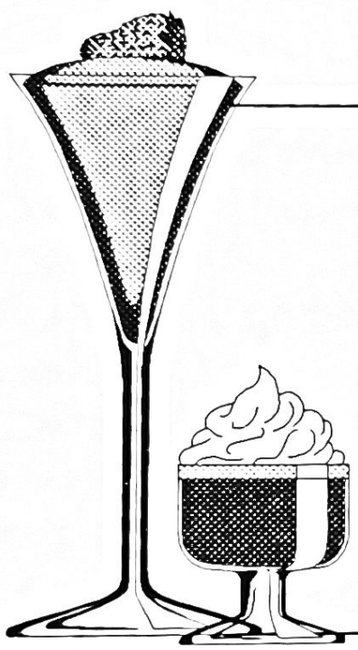
Mix 2 packets of yeast and 1/2 cup warm water

Add:

2 eggs
1/2 cup soft shortening or oil
7 to 7 1/2 cups flour

Mix thoroughly and knead. Let rise about 1 hour. Cut and shape into rolls. Put in cake pan and let rise about 30 more minutes.

Bake for 20 to 30 minutes at 350° until done.



DESSERTS

DEATH BY CHOCOLATE!

BY: Gary Edwards, Thurston County Sheriff

Serves 20 guests or 12 chocolate lovers!

1 dark chocolate cake mix
2 small packages of chocolate pudding
1 pint whipping cream
6 Heath candy bars

Bake cake according to directions in two cake pans.

Cook pudding according to directions and cool.

While cake is still warm and in the pan, poke holes with a fork and pour on Kahlua liquor to your liking (optional). Whip and sweeten whipping cream. Use powdered sugar and vanilla to taste.

Crush Heath bars very small. Break up half of the cake and place in a large bowl. Layer with half the whipped cream, half the chocolate pudding and half the Heath bars. Repeat layers with other half of cake. Chill well - overnight if possible. Enjoy!

SOUTHERN POUND CAKE

BY: Ferrell Gilson, Member
Crime Stoppers Board of Directors

1/2 lb. butter
3 cups sugar
3 cups flour
1/2 tsp. salt
1 tsp. vanilla
1/2 cup shortening
5 eggs
1/2 tsp. baking powder
1 cup milk

Cream together butter and shortening. Add sugar and eggs, one at a time. Sift dry ingredients together. Add dry ingredients alternately with milk to cream mixture, then add vanilla.

Bake in 10" tube pan at 325° for about 80 minutes or longer.

Variation: for chocolate pound cake, add 4 T. powdered chocolate to dry ingredients.

WACKY CAKE

BY: Aimee Walker, CPA, Gattis, Clees & Co.
Board Member, Crime Stoppers

This is a great chocolate cake that isn't too sweet.

1-1/2 cup flour
6 T. oil
1 tsp. baking soda
1 T. vinegar
1 cup sugar
1/4 tsp salt
3 T. cocoa
1 tsp vanilla

Mix ingredients in a bowl. Pour 1 cup water over and mix. Pour into square or round baking pan and bake at 350° for 25 minutes. (For rectangular baking pan, such as 9x13, double the recipe).

Cream Cheese Frosting

1 3-oz. pkg. cream cheese at room temperature
4 T. butter or margarine, softened
1-3/4 cups confectioners sugar
1/4 tsp. vanilla

Combine ingredients in small bow. Beat at low speed to mix, then high speed to blend smoothly.

SUGARLESS PUMPKIN PIE

BY: Howard Curtis, Member
Crimes Stoppers Board of Directors

Makes one 9" pie

1-1/2 cups 2% milk
1 large pkg. (2.1 oz.) sugarfree Jello Instant Pudding, vanilla
1 cup canned pumpkin
1 tsp. pumpkin pie spice
1 cup prepared whipped topping
1 9" pie shell

Combine milk, pudding mix, pumpkin spice and topping in a bowl. Beat with mixer at low speed for one minute. Pour into baked pie shell and chill in refrigerator for 3 hours. You may garnish with whipped topping or Cool Whip when serving.

SUGARLESS APPLE PIE

BY: Howard Curtis, Member
Crime Stoppers Board of Directors

1 6-oz. can frozen apple juice concentrate, sugar free
1 tsp. cinnamon
1/2 tsp. nutmeg
5 medium apples, peeled and sliced
1 T. cornstarch
1/4 cup cold water
Pie crust for top and bottom

Heat undiluted apple juice, cinnamon and nutmeg in large saucepan. Mix cornstarch and cold water until smooth. Add to juice and cook, stirring constantly until thick. Add apples and mix. Pour into bottom pie crust. Put on top crust and bake at 375° about 45 minutes.

GRANDMA MADGE'S SOUR CREAM CUPCAKES

BY: Ann Burgman, City Councilperson
City of Lacey

1 cup sugar
1 cup sour cream
2 eggs
1-1/2 cup flour
1 tsp. vanilla

Beat eggs, sugar and vanilla. Add sour cream. Beat. Add flour and salt. Pour into paper cupcake holders in muffin tins. Bake in oven at 350° until done.

NOTE: For chocolate cupcakes, use 2-1/2 bars of chocolate in 1/2 cup of hot water.

Cream Cheese Frosting

1 8-oz. pkg. cream cheese at room temperature
1 egg
1 tsp. vanilla
1 pkg. powdered sugar

Cream the cheese, egg and vanilla. Add powdered sugar.

Great texture. Will keep in refrigerator for 2 weeks.

EVER SO ELEGANT TRIFLE

BY: Gloria Grant, Chair
Crime Stoppers Board of Directors

1 3-oz. pkg. sugar-free strawberry Jello
3/4 cup boiling water
ice cubes
1/2 cup cold water
1 cup sliced bananas
1 cup sliced strawberries
Sliced pound cake
1/4 cup orange juice
1 pkg. (4-serving size) sugar free instant vanilla pudding
1-1/2 cups cold milk (use 2% or skim)
Cool Whip

Dissolve gelatin in boiling water. Add ice cubes to cold water to make 1-1/4 cups. Add to gelatin and stir until slightly thickened. Remove unmelted ice. Stir in bananas and strawberries. Line dish with sliced pound cake. Sprinkle with orange juice. Spoon gelatin mixture over cake. Chill for 15 minutes. Prepare pudding mix with milk as directed on package. Let stand a few minutes to thicken. Spoon over gelatin. Top with layer of Cool Whip. Chill.

Double recipe for 9x13 pan.

PINEAPPLE CAKE

BY: Florence Lindsey, Community Volunteer
Monterey, CA

1 Duncan Hines pineapple cake mix, made according to package directions in 9x13 pan.

When done, immediately pour 1 can crushed pineapple over top. Cool.

Beat for 5 minutes:

1-1/2 cups milk
1 small pkg. instant vanilla pudding mix
2 pkg. Dream Whip

Spread mixture on top of pineapple. Refrigerate for 10 minutes. Spread 1 container of Cool Whip on top of pudding mixture. Refrigerate.

MOM'S APPLESAUCE CAKE

BY: Leanne Heald, Children's Librarian
Tumwater Library

2-1/2 cups sifted flour
2 cups sugar
1/4 tsp. baking powder
1-1/2 tsp. soda
1-1/2 tsp. salt
3/4 tsp. cinnamon
1/2 tsp. cloves
1/2 tsp. allspice
1/2 cup shortening
1/2 cup water
1 egg
1-1/2 cup applesauce
1/2 cup chopped nuts
1 cup raisins

Sift together dry ingredients. Add shortening and water. Beat 2 minutes. Add egg and applesauce. Beat two more minutes. Stir in nuts and raisins. Pour into 13x9 pan that has been greased and floured.

Bake at 350° for 45 to 50 minutes or until cake tests done.

Good frosted with mocha icing or penuche frosting.

FUDGE FROSTING

BY: Leanne Heald, Children's Librarian
Tumwater Library

Mix in saucepan:

1 cup sugar
1/4 cup cocoa
1/4 cup butter
1/2 cup milk
2 T. light corn syrup

Bring to boil and boil for 3 minutes, stirring occasionally. Remove from heat. Set pan in cold water. When you can hold you hand on the bottom of the pan, the syrup is cool enough.

Stir in:

1-1/2 cups sifted powdered sugar
1 tsp. vanilla

Stir the frosting until thick enough to spread. If frosting is too thin, add a little more powdered sugar. If too thick, add a little more milk.

Makes enough frosting for a round two-layer cake or a 13x9 inch cake or 3 dozen cupcakes.

CARROT CAKE

BY: Leanne Heald, Children's Librarian
Tumwater Library

2 cups flour
1 cup oil
3 cups grated carrots
2 tsp. baking powder
1 tsp. salt
2 cups sugar
4 whole eggs
2 tsp. cinnamon
2 tsp. baking soda
1/2 cup chopped nuts

Mix all ingredients. Pour into prepared 9x13 pan. Bake at 350° for about 50 minutes or until it springs back when touched.

Icing:

8 oz. cream cheese
1 lb. powdered sugar
1/2 cube margarine (1/4 cup)
2 tsp. vanilla

Combine all ingredients. Beat until smooth. Spread on cake.

BAVARIAN CUPCAKES

BY: Leanne Heald, Children's Librarian
Tumwater Library

Part 1: Mix together well
6 oz. cream cheese
1/4 cup sugar
3/4 cup chocolate chips
1 unbeaten egg
Dash of salt

Part 2: Sift together
1-1/2 cup sifted flour
1/4 cup unsweetened cocoa
1/2 tsp. salt
1 tsp. soda
1 cup sugar

Add to part 2:
1 cup water
1 T. vinegar
1/2 cup oil
1 tsp. vanilla

Fill cupcake papers about half full of part 2. Drop into middle 1 heaping tsp. of part 1 mixture. Sprinkle with finely chopped nuts and sugar. Bake at 350° for 30 minutes.

BROWNIE PUDDING

BY: Karen Reynolds, Centennial Bank
Board Member, Crime Stoppers

1 cup sifted flour
3/4 cup sugar
2 T. dry cocoa
2 tsp. baking powder
1/2 tsp. salt
1/2 cup milk
2 T. vegetable oil
1 tsp. vanilla
3/4 cup chopped walnuts
3/4 cup brown sugar
1/4 cup dry cocoa
1-3/4 cups hot water

Sift together first 5 ingredients. Add milk, oil and vanilla. Mix until smooth. Stir in nuts. Pour into greased 8x8x2 inch baking dish. Combine remaining ingredients and pour over batter. Bake at 350° for about 45 minutes.

Serves 6 to 8.

SOUR CREAM APPLE PIE

BY: Gloria Grant, Chair
Crime Stoppers Board of Directors

9-inch unbaked pie shell (prepared or made from mix).

1 egg
1 cup granulated sugar
1 cup dairy sour cream
2 T. flour
1/2 tsp. vanilla
1/4 tsp. salt
1 lb. apples, pared, cored and sliced (4 cups)

Topping:
1/2 cup light brown sugar, firmly packed
1/3 cup flour
1/4 cup butter or margarine

Refrigerate pie shell until it is needed. Pre-heat oven to 400°. In medium bowl, beat egg slightly. Add granulated sugar, sour cream, 2 T. flour, vanilla and salt. Mix well. Add sliced apples and mix until well blended. Turn into pie shell. Bake 30 minutes or until apples are tender.

Mix brown sugar, flour and butter until crumbly. Sprinkle on pie. Reduce oven temperature to 350°. Bake pie 15 minutes longer.

FRUIT COCKTAIL CAKE

BY: Diane Schuder
Lacey Police Department

2 cups flour
1-1/2 cups sugar
1 egg
2 tsp. baking soda
1 tsp. salt
1 tsp. vanilla
1 medium can fruit cocktail with juice

Mix together well. Pour into ungreased 9x13 pan. Bake at 350° for 35 to 40 minutes.

Frosting:

1 cube margarine
1 small can Pet milk (2/3 cup)
1 cup sugar
1 tsp. vanilla

Bring to a boil. Remove from heat and add 1/2 cup coconut or nuts. Pour over cake while still warm.

LEMON LUST DESSERT

BY: Margaret Kaiser, Spokane

First layer:
1 cup flour
1/2 cup margarine
1/2 cup chopped pecans

Mix and pat layer in 9x13 pan. Bake at 375° for 15 minutes. Let cool.

Second layer:
8 oz. cream cheese, softened
1 cup powdered sugar
1-1/4 cup Cool Whip (need large carton for recipe)

Mix well and spread on crust.

Third layer:
2 small pkg. instant lemon pudding
3 cups milk

Mix well and spread over cream cheese layer.

Fourth layer:
Remaining Cool Whip
1/2 cup chopped pecans

Spread Cool Whip over pudding layer and sprinkle with nuts. Cut into bars.

FRUIT PIZZA

BY: Kathy McVay, Program Manager
Higher Education Coordinating Board

Crust:

1 pkg. refrigerated sugar cookie dough

Roll out and place in pizza/jelly roll pan. Bake according to pkg. directions. Cool.

Filling:

1 8-oz. cream cheese, softened
1/2 cup sour cream
1/4 cup lemon juice
Vanilla

Mix and spread on cooled crust. Top with favorite fresh fruits.

Fruit suggestions: strawberries, peaches, kiwi, bananas, pineapple (canned), blueberries, etc.

MUD PIE

BY: Gloria Grant, Chair
Crime Stoppers Board of Directors

Crust:

1 large pkg. Oreos, crushed
1 cube butter, melted

Blend and pat in approximately 9x12 pan. Freeze for one hour.

For filling, use 1/2 gallon favorite flavor ice cream.

Soften and spread on crust.

Sauce (you can use a jar of chocolate sauce or mix):

1 small pkg. chocolate instant pudding
2/3 cup light corn syrup
3/4 cup evaporated milk

Pour over ice cream layer. Freeze.

When ready to serve, spread Cool Whip on top. Garnish with cherries, nuts, etc.

BACARDI RUM CAKE

BY: Carol Hanson, Centennial Bank

1 cup chopped pecans or walnuts
1 yellow cake mix**
1 3-3/4 oz. pkg. vanilla instant pudding/pie filling
4 eggs
1/2 cup cold water
1/2 cup vegetable oil
1/2 cup Bacardi dark rum (80 proof)

**If using cake mix with pudding already in the mix, omit instant pudding, use 3 eggs instead of 4, 1/3 cup oil instead of 1/2.

Purchase a pint of Bacardi dark rum at the liquor store. Before you start making the cake, take a taste test to be sure of the flavor.

Preheat oven to 325°. Grease and flour 10" tube or 12-cup Bundt pan. Sprinkle nuts over bottom of pan. Take another sip of the rum to make sure it still tastes okay.

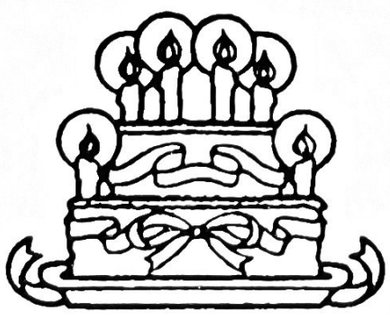
Mix cake ingredients together, but in case you measure too much rum in the measuring cup, sip until you only have 1/2 cup to add to the mix. Pour batter over nuts.

Bacardi Rum Cake (continued)

Bake one hour. You may want to take small sips of the rum to relax .. after all, you have worked hard cooking today and deserve to relax.

Cool by inverting (cake that is) on a serving plate. Prick top.

Mix glaze. Melt butter in saucepan. Stir in water and sugar. Boil 5 minutes, stirring constantly. Remove from heat. Stir in rum, although if there is not enough, you may have to go to the store to buy another pint. Spoon and brush glaze evenly over top and sides, allow cake to absorb glaze. Repeat until glaze is used up.



BLACK MIDNIGHT DEVILS FOOD CAKE

BY: Cheryl Duncan, Centennial Bank

Combine in a large bowl:

1 cube butter or 1/2 cup shortening
1-1/4 cup sugar
2 eggs
1 tsp. vanilla

Stir until smooth. In separate bowl, combine:

1/2 cup cocoa
1 cup coffee

In third bowl, combine:

1-1/2 cup flour
1/2 tsp. salt
1 tsp. baking soda
1 tsp. baking powder

Alternating the flour and cocoa mixtures, mix each into the sugar mixture. Bake at 350° (glass pan 325°).
Square pan, 45 to 55 minutes.
Layer pan, 30 to 35 minutes.

BROWNIES

BY: Diane McCabe and Sara Selleg
Centennial Bank

2 squares (1-oz. each) unsweetened chocolate
1/3 cup shortening
1 cup sugar
2 eggs
1/2 tsp. vanilla
3/4 cup all purpose or whole wheat flour
1/2 tsp. baking powder
1/2 tsp. salt

Heat oven to 350°.

Heat chocolate and shortening in 2-quart saucepan over low heat, stirring constantly until melted. Remove from heat. Mix in sugar, eggs and vanilla. Stir in remaining ingredients. Spread in greased 8x8x2-inch pan.

Bake 30 to 35 minutes, until brownies begin to pull away from sides of pan. Let cool.

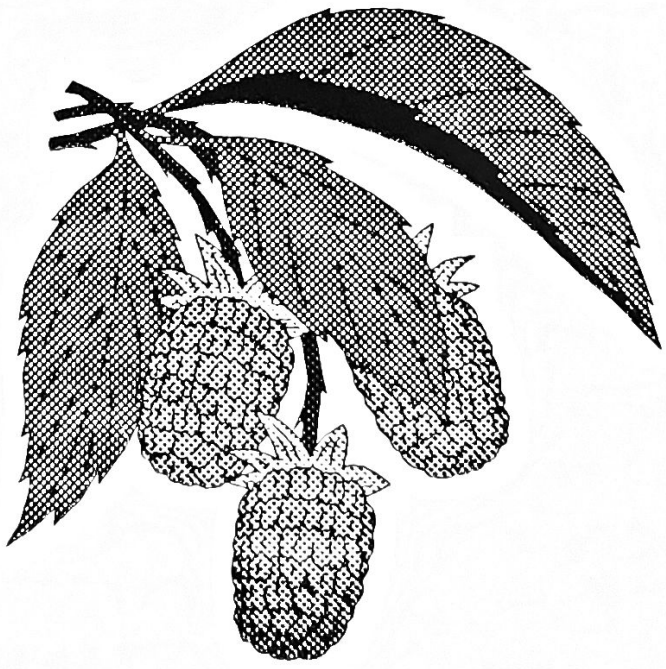
BLACKBERRY PIE

BY: Deanna Smith, Centennial Bank

1-1/4 cup sugar
1/4 cup all purpose flour
1/8 tsp. salt
4 cups fresh blackberries

Combine sugar, flour and salt. Add sugar mixture to blackberries and toss to coat fruit. Fill a pastry-lined 9-inch pie plate with mixture. Adjust top crust. Seal and flute edge. Cover edge of pie with foil

Bake at 375° for 20 minutes. Remove foil. Bake for 25 to 30 minutes more or until crust is golden brown.



BLACK BOTTOM CUPCAKES

BY: Marcia Duncan, Centennial Bank

In bowl #1:

8 oz. cream cheese, softened
1 egg
6-oz. pkg. chocolate chips
1/3 cup sugar
1/8 tsp. salt

Mix cream cheese, egg, sugar and salt. Beat well and stir in chocolate chips. Set aside.

In bowl #2:

1-1/2 cup flour
1/3 cup oil
1 cup sugar
1 tsp. baking soda
1 T. vinegar
1/4 cup cocoa
1 cup water
1/2 tsp. salt

Beat well until blended. Fill cupcake liners 1/3 full with flour mixture. Top each with heaping teaspoon of cream cheese mixture. Bake at 350° for 25 to 30 minutes.

CRANBERRY COBBLER

BY: Ann Jackson, C.P.A.
Gattis Clees & Co., Olympia

2 cups cranberries
1/2 cup sugar
1/2 cup nuts, chopped
2 eggs, beaten
1 cup sugar
1 cup flour
1/2 cup butter, melted
1/4 cup shortening or oil

Grease glass pie plate (10-inch). Spread cranberries on plate. Sprinkle with 1/2 cup sugar and nuts. Beat eggs and 1 cup sugar until smooth. Add flour, melted butter and oil or shortening. Beat well. Pour batter over top of cranberries.

Bake at 325° for 60 minutes or until golden brown. Serve warm with ice cream or cold with whipped cream.

VERY RASPBERRY PIE

BY: Dana C. Maher, C.P.A.
Gattis Clees & Co., Olympia

Raspberry topping:
6 cups fresh raspberries (divided)
1 cup sugar
3 T. cornstarch
1/2 cup water

Cream filling:
1 pkg. (8 oz.) cream cheese, softened
1 cup whipped topping
1 cup confectioners sugar
1 graham cracker crust

Mash about 2 cups raspberries to measure one cup and pour in saucepan. Add sugar, cornstarch and water. Bring to a boil, stirring constantly. Cook and stir for 2 minutes longer. Strain to remove seeds if desired. Cool to room temperature, about 20 minutes.

Meanwhile, for filling, beat cream cheese, whipped topping and confectioners sugar in bowl. Spread in bottom of crust. Top with remaining raspberries. Pour cooled raspberry sauce over top. Refrigerate until set, about 3 hours.

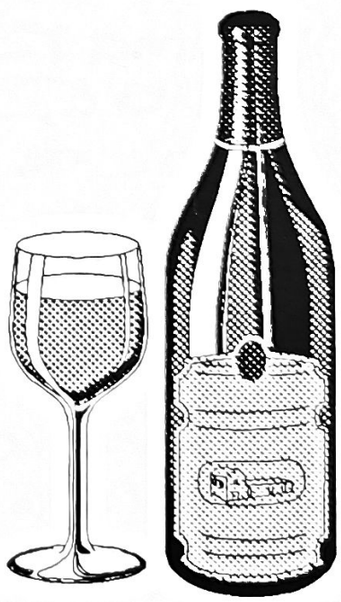
SHERRY CAKE

BY: Karen Reynolds, Centennial Bank
Board Member, Crime Stoppers

Mix together:

1 pkg. yellow cake mix
1 pkg. instant vanilla pudding (3-3/4 size)
4 eggs
3/4 cup vegetable oil
3/4 cup sherry (not cooking or cream)
1 tsp. nutmeg

Beat together until blended. Pour into well-greased Bundt pan and bake 45 minutes at 350°.



RUM CAKE

BY: Gloria Grant, Chair
Crime Stoppers Board of Directors

Before you start, sample the rum and check for quality. Good, isn't it? Now go ahead. Select a large mixing bowl, measuring cup, etc. and sample the rum again for quality. It must be just right! Try it again to be sure. With an electric mixer, beat 1 cup butter in a large fluffy bowl. Add 1 teaspoon sugar and beat again. Meanwhile, make certain that the rum is still of the finest quality. Add 2 large eggs and 2 cups fried fruit and beat until very high. If the fruit gets stuck in the beaters, just pry it loose with a screwdriver. Sample the rum again, checking for consistency. Next, sift in 3 cups baking powder and a pinch of rum, 1 seaspoon of toda and 1 cup pepper or salt. Anywaay, fon't dret. Just tample the rum again and mist in 1/2 pint of jermon luice, fold in chopped buttermilk and the strained nuts. Tample rum again. Now 1 bablespoon srown bugar, or whatever color is available. Mix well. Grease oven and curn on the take pan to 350 degrees. Pour the whole mess in the oven. Cake tum rake out mifty finutes.

Now enjoy your holidays and best wishes to the family!

OLD LADY MARY'S RAW APPLE CAKE

BY: Ann Burgman, City Councilperson
City of Lacey

1/2 cup sugar
1 egg
1/4 cup oil
1/2 cup nuts
1 cup flour
2 tsp. cinnamon
1/2 tsp. soda
1/4 tsp. salt
2 cups raw apples (diced)

Mix dry ingredients. Add egg and oil. Mix contents well and then stir in apples.

Bake in oven at 350° for 30 to 40 minutes.

APPLE CAKE

BY: Bob Jacobsen, Centennial Bank

3 eggs
1 cup salad oil
2 cups sugar
1 tsp. vanilla
2 cups flour
2 tsp. cinnamon
1 tsp. soda
1 tsp. salt
4 cups sliced Granny Smith apples (about 4 apples)

In large bowl, mix eggs, sugar, oil and vanilla. Add flour plus salt, cinnamon, and soda to mixture and beat together. Fold in sliced apples. Pour into 9x13 greased and floured pan. Bake at 325° for no more than 45 minutes.

Cream Cheese Frosting
2 8-oz. pkgs. cream cheese, softened
2 tsp. vanilla
1 cube soft butter
1 box powdered sugar

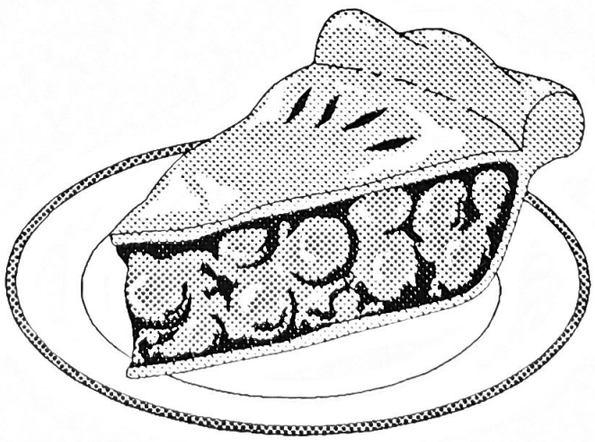
Mix sugar, vanilla, cheese together. Add powdered sugar. Spread on cooled cake.

RHUBARB CREAM PIE

BY: Pam Vladeff, Lacey Branch
Centennial Bank

2-1/2 cups rhubarb, cut in small pieces
1 cup white sugar
3 T. flour
1 cup light cream
1 tsp. vanilla

Mix all together and bake as a 2-crust 9-inch pie or with lattice top crust. Bake at 400° for 45 minutes.



GRAMMIES

BY: Florence Lindsey, Community Volunteer
Monterey, CA

28 graham crackers, crushed
3/4 cup chopped walnuts
1 6-oz. pkg. chocolate chips
3/4 cup raisins or chopped dates or coconut
1 can sweetened condensed milk

Mix all together. Press in buttered pan. Bake at 350° for 20 to 30 minutes.

Cut into small bars.

POPPY SEED CAKE

BY: Gloria Grant, Chair
Crime Stoppers Board of Directors

1 pkg. yellow cake mix
1 pkg. instant coconut pudding mix
1/4 cup poppy seeds
1/2 cup liquid shortening
4 eggs
1 cup hot water

Mix and beat for 4 minutes. Bake at 350° for 45 minutes in tube pan. Cool 15 minutes in pan before removing.

SAUCEPAN BROWNIES

BY: Nancy Thompson
Office of the Attorney General

Over low heat in 3-quart saucepan melt:

2/3 cup butter or margarine
4 squares (1 oz. each) unsweetened chocolate

Stir in and beat well:

2 cups sugar
1 tsp. vanilla

Add 4 eggs, 2 at a time, beating well after each addition.

Stir in:

1-1/2 cups flour
1 tsp. baking powder
1/2 tsp. salt
1-1/2 cups chopped walnuts

Pour into greased 13x9 inch baking pan. Bake at 325° for 25 to 30 minutes. Do not overbake.

MOM'S ALLAN LANE CAKE

BY: Mickey Wardell, Olympia

My mom named this recipe after my dad!

8 eggs, separated
1 cup butter
1 tsp. vanilla
2 cups sugar
3-1/4 cup flour
2 tsp. baking powder
1 cup sweet milk

Cream butter and sugar until smooth. Add flour, baking powder and milk, a little at a time. Add stiffly beaten egg whites and vanilla. Mix well. Bake in 4 layers at 350° until toothpick inserted comes out clean.

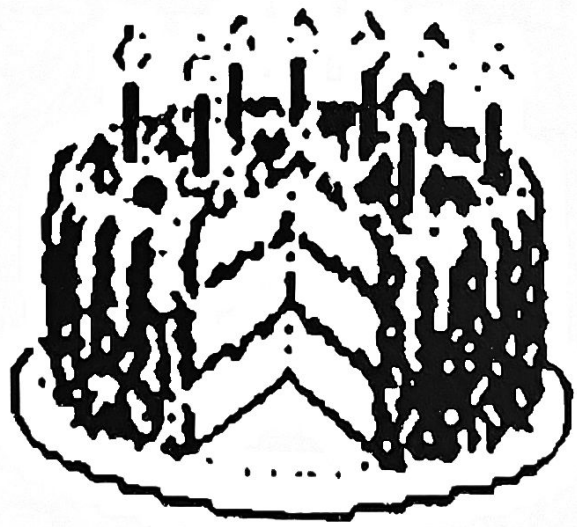
Filling:

1 cup raisins
1 cup pecans
bourbon or brandy, wine glass full
8 egg yolks
1/2 cup butter
1 tsp. vanilla

Mom's Allan Lane Cake (continued

Beat together egg yolks, sugar and butter. Stirring constantly, add pecans, raisins, liquor and vanilla.

Spread between layers of cake. Sprinkle top with grated coconut. Add cherries for decoration. Store a few days before serving.



PINK LADY CAKE

BY: Mickey Wardell, Olympia

1 box white cake mix
1 box strawberry Jello
1 cup salad oil
4 eggs
1/2 cup strawberries

Combine all ingredients except eggs. Beat eggs in one at a time. Bake at 350° for approximately 35 minutes.

Strawberry Icing:

1/2 stick butter
Strawberry juice
powdered sugar

Mix together and frost on cooled cake.

HARVEY WALLBANGER CAKE

BY: Diane Schuder
Lacey Police Department

1 pkg. yellow cake mix
1 pkg. vanilla instant pudding (3-3/4 oz.)
1 cup oil
4 eggs
1/4 cup vodka
1/4 cup Galliano
3/4 cup orange juice

Grease and flour bundt or angel food cake pan.

Heat oven to 350°.

Blend all ingredients. (Do not follow directions on cake mix). Mix well, pour in pan and bake 45-50 minutes.

Frosting:

Melt butter with powdered sugar and milk. Pour over top. OR - sprinkle cake with sifted powdered sugar. May also top with fruit.

HAWAIIAN CHESS PIE

Submitted by: Carolyn and John Bumford, Olympia

1 cup sugar
4 eggs, beaten
1/2 cup butter or margarine, melted
1 heaping tsp. flour
1 heaping tsp. cornmeal
2 cups coconut
1 cup crushed pineapple, drained
1 9-inch unbaked pie shell

Mix sugar and eggs. Add butter, flour, cornmeal, coconut and pineapple. Mix well. Pour into unbaked pie shell.

Bake at 350° for one hour.

Good with a dollop of whipped cream.

RED VELVET LAYER CAKE

BY: Gary Windust, Engineer for City of Lacey

Cream together:
1/2 cup shortening
1-1/2 cups sugar
2 slightly beaten eggs
1/4 cup red food coloring

Add:
2-1/4 cups flour
1 tsp. baking soda
2 T. cocoa
1 tsp. salt
1 cup buttermilk (that has been mixed with 1 T. vinegar)

Bake at 350° for 25 to 30 minutes.

Frosting:
1 cup milk
5 T. flour

Heat together until creamy and thick and then cool.

Cream 1 cup butter, 1 tsp. vanilla and 1 cup powdered sugar. Add creamed mixture to cooled sauce and beat until smooth.

EASY CHEESECAKE

BY: Donna and Gary Tabor, Olympia

Combine:
1 cup graham cracker crumbs
2 T. sugar
1 tsp. cinnamon
1/4 cup chopped nuts
1/2 lb. melted margarine (I use only 1/4 lb)

Press into a 9"x13" dish. Set aside.

Combine:
24 oz. cream cheese (I use low fat)
4 eggs
1 cup sugar
1 tsp. vanilla

Pour over crust mixture. Bake at 400° for 20 minutes.
Cool 10 minutes.

Topping:
1 cup sour cream (I use low fat)
2 T. sugar
1/2 tsp. vanilla

Pour over above mixture. Bake at 400° for 5 minutes.
Cool. Refrigerate. Freezes well.

PUMPKIN CHEESECAKE

BY: Officer Alexandra Kasuske, D.A.R.E.
Lacey Police Department

2 pkg. honey graham crackers
1 stick margarine (lite)
3 8-oz. pkg. cream cheese (lite), room temperature
1 16-oz. container sour cream (lite)
1-1/3 cup sugar
6 eggs, room temperature
1 16-oz. can pumpkin
2 T. vanilla
1/4 cup Grand Marnier
3 T. pumpkin spice

Crust:
Crush crackers. Melt butter and mix with crumbs. Form a crust in 10" spring form pan. Bake 5 minutes at 350°. Let cool.

Beat cheese until creamy. Add sour cream and beat. Add sugar, 1/3 cup at a time, and beat. Add eggs, one at a time, and beat. Add pumpkin and beat. Add vanilla, Grand Marnier and spice and beat well. Pour over crust and bake at 350° for approximately 1 hour and 15 minutes. Cool on rack, then refrigerate a minimum of 3 hours.

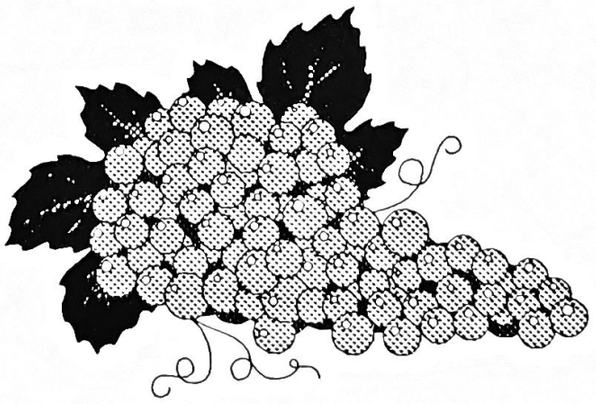
STRAWBERRY SURPRISE CAKE

BY: Mickey Wardell, Olympia

1 pkg. miniature marshmallows
2 pkg. frozen strawberries
2 pkg. strawberry Jello
1 white cake mix

Butter cake pan thoroughly. Sprinkle marshmallows on bottom to cover surface. Prepare cake mix as directed. Pour over marshmallows. Pour thawed berries on top of cake mix and then Jello mix over that.

Bake at temperature directed for cake mix.



OVEN CARAMEL CORN

BY: Suzette Sims, Crime Stoppers

2 cups brown sugar
1 cup butter
1/2 cup light corn syrup
1 tsp. salt
1 tsp. baking soda
1-1/3 cup unpopped corn

Make popcorn without using salt or butter.

Mix first four ingredients together in saucepan. Bring to a simmer and cook for five minutes. Remove from stove and add soda. Stir well and add to popped corn. Spread on cookie sheets.

Place in 200° oven for one hour, stirring about every 15 minutes. Store in airtight container.

CARROT CAKE

BY: Dee and Dave Kirk
Crime Stoppers Board Member

2 cups flour
2 tsp. cinnamon
1 tsp. salt
1 tsp. baking soda
2 tsp. baking powder

Mix above ingredients together.

4 eggs
2 cups sugar
1/2 cup oil
1/2 cup unsweetened applesauce

Beat above ingredients. Add dry ingredients and blend well. Fold in 1 cup chopped walnuts and 3 cups grated carrots. Bake in greased 9x12 pan at 350° for 30-35 minutes.

Frosting: Beat together
8 oz. cream cheese
1/4 cup margarine
1-1/2 tsp. vanilla
3/4 box powdered sugar (appr. 2-1/2 cup)
Spread on cooled cake.

CHOCOLATE APPLESAUCE CAKE

BY: Donna and Gary Tabor, Olympia

Cream:

1/2 cup margarine
1-3/4 cup sugar

Add:

2 beaten eggs
1 16-oz. can applesauce

Sift together and add to above:

2 cups flour
3 T. cocoa
1/2 tsp. soda
1 tsp. cinnamon

Pour into 13"x9" pan and sprinkle on topping of:

6 T. sugar
1 to 2 cups chocolate chips
1/2 cup nuts

Bake 350° for 35-40 minutes.

CRANBERRY NUT PIE

BY: Mickey Wardell, Olympia

2 cups cranberries
1/2 cup pecans, chopped
1/2 cup sugar

1 cup flour
1 cup sugar
3/4 cup melted margarine
2 eggs
2 tsp. vanilla

Mix together cranberries, nuts, 1/2 cup sugar Spread in bottom of 10" greased pie plate.

Mix together flour, 1 cup sugar, eggs and vanilla. Pour over cranberry mixture.

Bake 55-60 minutes at 325°. (If glass pie plate is used, reduce heat to 300°).

CHEESE CAKE

BY: Jacque Moore, CDC Marketing
Crime Stoppers Board Member

Crust:

2 cups graham cracker crumbs
1 tsp. cinnamon
1/4 cup sugar
1/2 cup melted butter

Mix together and pat into pie pan.

Filling:

3 8-oz. pkg. cream cheese
4 eggs
1 T. lemon juice
1 T. vanilla
1-1/3 cup sugar
1 cup sour cream

Cream cheese until smooth. Add rest of ingredients. Beat until smooth. Bake in crust at 375° for 45 minutes.

Cool cake. Top with soft Cool Whip, cherries or strawberries.

DUTCH OVEN APPLE COBBLER

BY: Detective Lieutenant Tom Nelson
Lacey Police Department

Easy campsite recipe.

14" dutch oven

4 cans apple pie filling
2-3 tsp cinnamon
1 pkg yellow cake mix (or white if preferred)

Before putting ingredients in dutch oven, line it with foil. Be sure and not let foil go above the rim because it will prevent a good seal for the lid.

Prepare cake mixture in a separate bowl, leaving out the egg and adding 1/4 more water.

Pour apple filling in dutch oven and smooth out. Sprinkle cinnamon over, then pour the cake mixture on top.

Cover with lid. Put heat on top and bottom. Cook with medium hot fire or coals for approximately 30 minutes. Check at 15-20 minutes. Insert a knife, and if the ingredients stick to knife, cook a little longer.

CHOCOLATE CLOUD

BY: Kim Richards, Blind Rehab Clinic
American Lake Veterans Hospital

1-1/2 cups flour
1 cup walnuts, finely chopped
1 stick butter or margarine

Mix all together and flatten in bottom of 9x12 pan. Bake at 350° for 10-15 minutes until brown. Cool.

1 cup sugar
1 cup Cool Whip
1 8-oz. pkg. cream cheese

Blend together and spread over cooled crust.

1 small pkg. chocolate pudding
1 small pkg. vanilla pudding
1/2 cup walnuts, finely chopped
Cool Whip

Mix both packages of pudding together and spread over cream cheese mixture. Spread Cool Whip over this and sprinkle on walnuts. Chill and serve.

MISSISSIPPI MUD CAKE

BY: Kim Richards, Blind Rehab Clinic
American Lake Veterans Hospital

1 cup soft butter
4 T. cocoa
1 tsp. vanilla
1 cup coconut
1-1/2 cup nuts
2 cups sugar
4 eggs
1-1/2 cup flour
1/4 tsp. salt

Topping:
1 7-oz. jar marshamallow creme
1/3 cup cocoa
1/3 cup evaporated milk
1 lb. powdered sugar
1/2 cup butter

Cream butter, sugar and cocoa until fluffy. Add eggs, one at a time. Add remaining ingredients and beat 2 miutes. Bake in 9x13 pan for 30-40 minutes at 350°.

Spread marshmallow creme on cool cake. For topping, combine cocoa, powdered sugar, butter, evaporated milk. Spread over cake. For muddy look, swirl and ripple to look like mud.

DIRT CAKE

BY: Cheryl Sorger, Career Counselor
Timberline High School

Mix together first:

1 large pkg. vanilla pudding (instant)
3 cups milk

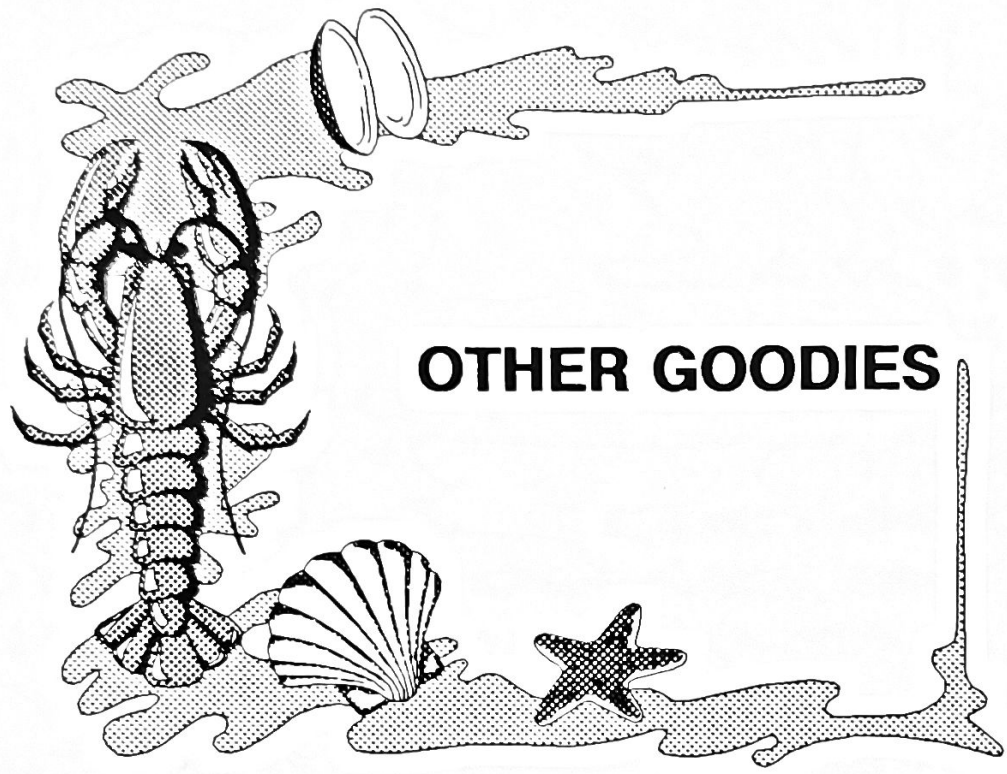
Crush one 20-oz. pkg. Oreo cookies. Place 1/2 crumbs in bottom of bowl or (new) plastic flower pot.

Blend with mixer:

1 cube (1/2 cup) margarine
1 cup powdered sugar
1 large pkg cream cheese

Using mixer, mix pudding mixture with cream cheese mixture. Add 8 oz. Cool Whip. Mix on high until well blended.

Pour over Oreo crumbs. Top with other half of crushed cookies. Chill one hour.



OTHER GOODIES

WALNUT ROCA

BY: Deb McClanahan, Records Supervisor
Lacey Police Department

1 lb. butter
2 cups sugar
8 oz. bar sweet chocolate
8 oz. semi-sweet chocolate
Walnuts, chopped fine

Melt butter in heavy pan on medium heat. Add sugar. Cook until temperature reaches hard crack stage (310° on candy thermometer), stirring continuously.

Pour onto a cookie sheet and spread evenly. Place in refrigerator and let cool.

When candy has cooled, melt half the chocolate in a double boiler and spread over the candy. Sprinkle with nuts. Place in refrigerator and let cool.

Once cooled, turn over into another cookie sheet and melt remaining chocolate. Spread over candy and again sprinkle with nuts.

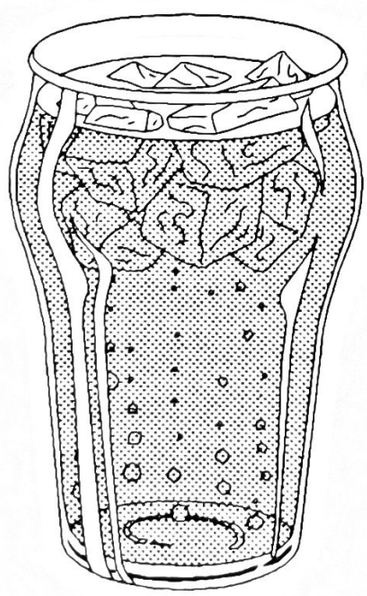
Once cooled, break into bite-size pieces.

CHARLOTTE'S SHORTBREAD

BY: Charlotte Taylor, City Clerk
City of Lacey

1 cup butter
1/2 cup powdered sugar
2 cups flour

Blend with a pastry blender. Pat in 9x13 pan. Bake 30 to 40 minutes at 300° until lightly brown. Remove from oven. Prick with fork. Cut into squares and return to oven. Turn off oven. Let oven cool approximately 2 hours. Store in airtight container.



TWICE BAKED ITALIAN COOKIES

BY: Florence Lindsey, Community Volunteer
Monterey, CA

2 cups sugar
1 cup (1/2 lb.) butter, melted
4 T. anise seed
4 T. anise-flavored liqueur
3 T. bourbon, or 2 tsp. vanilla, or 2 T. water
2 cups coarsely chopped almonds or walnuts
6 eggs (I used 5 large and had to add 1/2 cup flour)
5-1/2 cups flour
1 T. baking powder

Mix sugar with butter, anise seed, anise liqueur, liquid and nuts. Beat in eggs. Sift and measure flour and sift again with baking powder into the sugar mixture. Blend thoroughly. Cover and chill the dough for 2 to 3 hours. On a lightly floured board, shape dough with your hands to form flat loaves that are about 1/2" thick and 2" wide and as long as your cookie sheets. Place no more than 2 loaves parallel and well apart on a greased cookie sheet. Bake at 375° for 20 minutes. Remove from oven and let loaves cool on pans until you can touch them. Cut in diagonal slices about 1/2" to 3/4" thick. Lay slices on cut sides close together on a cookie sheet and return to the oven for 15 minutes more, or until lightly toasted. Cool on wire racks and store in airtight container. Makes about 9 dozen.

"LYDIA PINKHAMS" (BROWNIE LIKE COOKIES)

BY: Judy Buller
Masterworks Chorale Ensemble

Melt together 1 piece of margarine or butter (the size of an egg) and 2 squares of baking chocolate.

Mix together:
1 cup flour
3/4 to 1 cup sugar
1 tsp. baking powder
2 eggs
1 tsp. vanilla
Pinch salt

Add melted chocolate mixture and drop by spoonful onto ungreased cookie sheet. Bake at 350° for 12 to 15 minutes.

MOM BULLER'S PEPPERNUT COOKIES

BY: Judy Buller
Masterworks Chorale Ensemble

This is a Christmas tradition in the Buller family.

1-1/2 cups margarine or lard
3 cups sugar
1 cup white corn syrup
1/3 cup sour milk
4 tsp. baking powder
1 tsp. soda
6 to 7 cups flour
1/2 tsp. oil of anise
1 tsp. cardamom
1 tsp. nutmeg
1 tsp. mace
1-1/2 tsp. cinnamon
1 tsp. pure vanilla
1 tsp. allspice
1 tsp. cloves
1 tsp. ginger

Cream shortening and sugar until fluffy. Add syrup and milk. Sift in dry ingredients with spices and half the flour. Mix well. Add remaining flour and knead thoroughly. Store dough in tightly covered container in refrigerator for 2 weeks or longer. This helps dough to season and spices to blend.

Roll dough into pieces about the size of a hazelnut. Place on greased baking sheet. Bake at 350° for 5 to 8 minutes or until golden brown.

CAKE MIX CHEWIES

BY: Chris Nelson, San Diego

1 pkg. yellow cake mix
1 cup brown sugar (although I use only 1/2 cup)
4 T. soft or melted margarine
4 T. honey
3 eggs
1 cup (6-oz. pkg) chocolate chips
1 cup chopped nuts

Combine all ingredients in large bowl and stir just until blended. Spread in a well-greased 10x15 pan. Bake at 350° for 40 to 45 minutes. Cut into squares when cool.

ALMOND ROCA CANDY

BY: Leanne Heald, Children's Librarian
Tumwater Library

2 cups butter
1/4 cup water
2 cups almonds, sliced
Chopped walnuts
2 cups sugar
2 T. light corn syrup
10 oz. Hershey bar

Melt butter in heavy pan over low heat. Add sugar and stir constantly until the sugar is dissolved. Add water and corn syrup. Continue cooking slowly over low heat (300°) to 290° (brittle), or until the syrup is light caramel in color and becomes brittle when tested in cold water. Stir frequently but slowly to prevent scorching. Remove from heat and quickly, with as little agitation as possible, stir in the almonds. Pour in lightly oiled jelly roll pan or other shallow pans. Cool.

Melt chocolate over water and spread a thin layer of chocolate over the cooled candy. Sprinkle with chopped nuts. Allow chocolate to harden. Invert the candy and do the same to the other side. Allow chocolate to harden thoroughly, then break the almond roca into small irregular pieces. Makes 2 lbs.

HEALTH COOKIES

BY: Florence Lindsey, Community Volunteer
Monterey, CA

Cream together:
1 cup butter or margarine
2 cups brown sugar
1 tsp. salt
2 tsp. vanilla

Add 2 eggs and beat well. Mix together:
1 tsp. baking soda
1 tsp. baking powder
2-1/2 cup flour, sifted
1 cup quick rolled oats
1 cup wheat germ
1 cup shredded coconut

Add dry ingredients to butter mixture. Stir just enough to blend, then fold in:
1 cup chopped dates
1 cup chopped nuts

Drop on greased cookie sheet. Bake for 20 minutes at 350°.

GRANDMA NELSON'S SUGAR COOKIES

BY: Maureen Knutson, Civil Engineer
City of Lacey

This recipe came from my mother's mother, Irene Nelson.

2 cups sugar
1 cup shortening (she used Crisco)
1 cup sour cream
2 eggs
1 tsp. soda
1-1/2 tsp. salt
Vanilla extract
4-1/2 cups flour

Mix liquids and add to sifted dry ingredients. Roll out on lightly floured board. Cut with cookie cutters. Place on greased cookie sheets and bake at 350° for 8 to 10 minutes or until light brown. Dough will be very soft and may require additional flour.

Dough should be rolled out quite thin (1/8-inch).

NO BAKE CHOCOLATE COOKIES

BY: Helen White, Retired

3 cups quick rolled oats
1 cup chopped nuts
1 cup coconut
6 T. cocoa
1 tsp. vanilla
1/2 tsp. salt
2 cups sugar
1/2 cup butter
1/2 cup milk

Mix first 6 ingredients. In saucepan, heat just to boiling the sugar, butter and milk. Immediately pour over mixture in bowl. Mix thoroughly. Drop by 1/2 teaspoon on waxed paper.

NORDSTROM'S NORDY BARS & COOKIES

BY: Leanne Heald, Children's Librarian
Tumwater Library

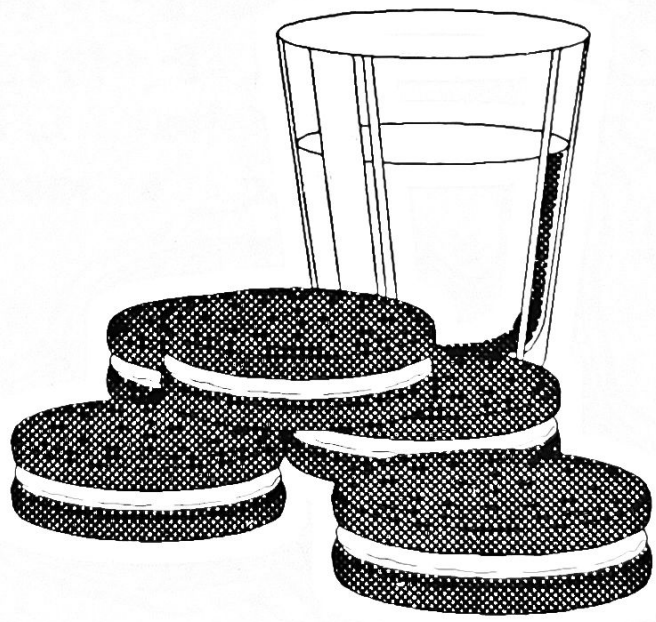
1/2 cup butter
1 pkg. (12-oz.) butterscotch chips
1/2 cup firmly packed brown sugar
2 eggs
1-3/4 cups flour
2 tsp. baking powder
1/2 tsp. salt
2 tsp. vanilla
1 pkg. (12 oz. chocolate chips
2 cups miniature marshmallows
1 cup chopped pecans

In medium saucepan, melt butter over medium heat. Add butterscotch chips and brown sugar, stirring until they are melted. Remove pan from heat and let cool. Stir in eggs and vanilla well. Add baking powder, salt and flour, mixing thoroughly.

For Nordy bars: Stir in chocolate chips, marshmallows and pecans. Spread into greased 9x13 inch pan. Bake at 350° for 25 minutes. Remove from oven and let cool thoroughly. Cut into squares. Makes one 9x13 pan.

Nordstrom Cookies (continued)

<u>For Nordy cookies</u>: Stir in chocolate chips and pecans. Use #20 scoop to make 2 oz. of dough. Pan out cookies, flatten tops and place 3 marshmallows toward the center of each cookie. Bake at 350° for 10 to 12 minutes. Remove from oven and let cool thoroughly. Makes 40 to 50 cookies.



ROCKY ROAD

BY: Leanne Heald, Children's Librarian
Tumwater Library

1 8-oz. pkg. chocolate chips, semi-sweet
1 8-oz. Hershey bar
1/2 lb. marshmallows
1 cup walnuts

Cut up marshmallows in a buttered pan. Melt chocolate in top of double boiler. Add chopped nuts and pour over the marshmallows. Put in refrigerator to harden.

TEA TIME TEASIES

BY: Florence Lindsey, Community Volunteer
Monterey, California

Crust:

1 stick butter
8 oz. cream cheese
1 cup flour

Soften butter and cheese. Mix with flour. Chill.

Divide dough into 24 balls. Put 1 ball in shell baking cup. Take thumb and press into shape of cup.

Filling:

3/4 cup brown sugar
1 tsp. melted butter
1 egg
1 tsp. dark Karo syrup
1/2 cup chopped nuts

Mix together and fill cups half full. Bake at 325° for 25 minutes. Cool in pan completely before removing.

Makes 10 to 12.

CHRISTMAS FUDGE

BY: Leanne Heald, Children's Librarian
Tumwater Library

Boil for 4-1/2 minutes:

4 cups sugar
1 tall can evaporated milk

Pour 1/2 of boiled mixture over:

2 8-oz. Hershey bars, ground
12 oz. pkg. chocolate chips
1 pint of marshmallow cream

Add rest of mixture and stir until mixed. Let cool some and then add 1 cup nuts and 1 tsp. vanilla. Mix and pour into buttered pans. (makes enough for 1 jelly roll pan).

GOOF BARS

BY: Leanne Heald, Children's Librarian
Tumwater Library

2/3 cup butter
2 cups brown sugar
2 eggs
1/2 tsp. salt
12 oz. chocolate chips
1-1/2 cups flour
2 tsp. baking powder
1 tsp. vanilla
4 T. molasses

Melt butter in medium saucepan. Remove from heat and add other ingredients. Mix well and spread in greased jelly roll pan (15x10x1). Bake 20 minutes at 325°. Cool and cut into bars.

Makes 60.

DATE FINGERS

BY: Leanne Heald, Children's Librarian
Tumwater Library

Melt 1 cube of butter or margarine.

Add: 1 cup white sugar
1 cup finely chopped dates
1/2 cup finely chopped pecans
1 whole beaten egg

Cook 10 minutes over low heat, stirring so that mixture does not scorch. Remove from heat and add 1 tsp. vanilla.

Pour syrup over 2-1/2 cups Rice Krispies and mix. Shape into fingers and roll in mixture of 3/4 cup coconut and 1/2 cup chopped nuts.

Place on sheet of waxed paper. Refrigerate at east one hour and store in a sealed tin. Keeps well.

NIEMAN MARCUS COOKIES

BY: Judy Wilson, County Commissioner
Thurston County

2 cups butter
2 cups sugar
2 cups brown sugar
4 eggs
2 tsp. vanilla
24 oz. chocolate chips
3 cups chopped nuts of your choice
4 cups flour
2 tsp. soda
1 tsp. salt
2 tsp. baking powder
4 cups blended oatmeal**
1 8 oz. Hershey bar, grated

Cream butter and both sugars. Add eggs and vanilla. Mix together with flour, oatmeal, salt, baking powder and soda. Add chocolate chips, Hershey bar and nuts. Roll into balls and place two inches apart on a cookie sheet. Bake for 12 minutes at 375°. Makes approximately 112 cookies. (Recipe may be halved).

** Measure oatmeal and blend in a blender to a fine powder.

NANAIMO BARS

BY: Suzette Sims, Crime Stoppers

Bottom Layer
1/4 cup unsalted butter
1/4 cup sugar
5 T. cocoa
1 egg, beaten
1-3/4 cups graham cracker crumbs
1/2 cup finely chopped almonds
1 cup coconut

Melt first 3 ingredients in top of double boiler. Add egg and stir to cook and thicken. Remove from heat. Stir in crumbs, coconut and nuts. Press firmly into an ungreased 8"x8" pan.

Second Layer
1/2 cup unsalted butter
2 T. plus 2 tsp. cream
2 T. vanilla custard powder
2 cups icing sugar

Cream butter, custard powder and icing sugar together. Beat until light. Spread over bottom layer.

Nanaimo Bars (continued)

Third Layer
4 squares semi-sweet chocolate
2 T. unsalted butter

Melt chocolate and butter over low heat and cool. When cool, but still liquid, pour over second layer and chill in refrigerator.

"MRS. FIELDS" LIKE COOKIES

BY: Bettye Craft, Social Work Services
American Lake Veterans Hospital

Cream together:

2 cups butter
2 cups sugar
2 cups brown sugar

Then add:

4 eggs
2 tsp. vanilla

Mix together:

4 cups flour
5 cups oatmeal (measure 5 cups, then pulverize in blender or processor)
1 tsp. salt
2 tsp. baking soda
2 tsp. baking powder

Add dry to sugar mixture.

"Mrs. Fields" like Cookies (continued)

Stir in:

24 oz. chocolate chips
3 cups chopped nuts (optional)
8 oz. Hershey bar - grated

Drop on greased cookie sheet in golf ball size drops, about 2" apart. Bake at 350° for 8 to 10 minutes. **DO NOT OVERBAKE**.

Makes 100+ cookies.

PECAN TOFFEE BARS

BY: Carolyn and John Bumford, Olympia

1 cup butter
1 cup powdered sugar
2 cups flour

To make bar crust: Mix butter, powdered sugar and flour to resemble course meal. Pat into 9x13 inch pan. Bake 12-15 minutes at 350°. Do not overbake.

6 T. melted butter
1 cup brown sugar
2 T. water
1-1/2 tsp. lemon juice
1-1/2 tsp. vanilla
1-1/2 cups pecan halves or pieces

Blend all ingredients except pecans in saucepan and bring them just to a boil over medium heat, stirring constantly. Remove from heat and stir in pecans. Spread topping on warm, baked cookie crust. Bake 12-15 minutes more.

Cool an cut into bars.

TORCHETTI

BY: Florence Lindsey, Community Volunteer
Monterey, CA

1 cup flour
1 cup warm water
1 cube or 1 pkg yeast

Dissolve yeast in warm water and mix well with flour. Let rise at room temperature for 2 to 3 hours.

On bread board, combine 4 cups flour and 1 lb. butter at room temperature.

Knead dough for several minutes and then place in large floured bowl. Cover with foil and refrigerate over night.

Cut into small pieces and roll in granulated sugar about 7" long. Press together to form cookie. Place on ungreased cookie sheet and bake at 350° for 10 to 12 minutes or until brown.

CARAMEL CHOCOLATE PECAN BARS

BY: Sharon Fiscus, Centennial Bank

Crust:

2 cups all purpose flour
1 cup firmly packed brown sugar
1/2 cup butter, softened
1 cup pecan halves

Filling:

1/2 cup firmly packed brown sugar
2/3 cup butter
1/2 cup semi-sweet chocolate chips
1/2 cup butterscotch chips

Heat oven to 350°. For crust, in large bowl, combine flour, sugar and butter. Beat at medium speed, scraping often, until particles are fine (2-3 min.). Press on bottom of ungreased 13x9x2-inch baking pan. Sprinkle nuts over crust.

For filling, in small saucepan, combine sugar and butter. Cook, stirring constantly, over medium heat until mixture comes to a full boil (4-5 min.). Boil, stirring constantly, until candy thermometer reaches 242° or small amount

dropped into ice water forms a firm ball (about 1 min.). Pour over pecans and crust.

Bake 18 to 20 minutes or until entire caramel layer is bubbly. Immediately sprinkle with chocolate and butterscotch chips. Let stand 3 to 5 minutes to melt, then swirl chips with tip of knife, leaving some whole for a marbled effect. Cool and cut into bars.

CHOCOLATE CHIP OATMEAL COOKIES

BY: Karen Reynolds, Centennial Bank
Board Member, Crime Stoppers

Beat together:
1 cup shortening
3/4 cup sugar
3/4 cup brown sugar

Add and beat in 2 eggs.
Stir in 2 cups oatmeal.

Mix together and add to above:
1 tsp. hot water
1 tsp. baking soda

Add:
1-1/2 cups flour
1 tsp. vanilla
1 tsp. salt
1/2 cup chopped walnuts
1 pkg. mini semi sweet chocolate chips

Drop by teaspoon onto greased cookie sheet. Bake at 350° for 12 minutes.

OATMEAL BARS

BY: Jennifer Zars, City Council Member
City of Tenino

1 cup honey
1 cup butter
2 eggs
2 tsp. vanilla
1 cup whole wheat flour
4 cups rolled oats

Blend first four ingredients. Stir in flour and oats and mix well. Spread in greased 13x9x2 pan and bake at 350° for 25 to 30 minutes or until lightly browned. Cut into bars and let cool in pan. Coconut and chocolate chips make for tasty additions.

NO BAKE COOKIES

BY: Dawn McCabe, Centennial Bank

2 cups sugar
4 T. cocoa
1/2 cup milk
1/2 cup peanut butter
1 tsp. vanilla
3 cups oatmeal, quick cooking
1 T. milk

Boil together for 1 minute sugar, cocoa, butter and milk. Remove from heat and add peanut butter, vanilla and oatmeal. Refrigerate and cut into squares.

COCONUT CHEWS

BY: Diane McCabe and Sara Selleg
Centennial Bank

3/4 cup powdered sugar
3/4 cup shortening (half margarine or butter, softened)
1-1/2 cups all purpose flour
2 eggs
1 cup packed brown sugar
2 T. flour
1/2 tsp. baking powder
1/2 tsp. salt
1/2 tsp. vanilla
1/2 cup chopped walnuts
1/2 cup flaked coconut

Heat oven to 350°. Mix powdered sugar and shortening. Stir in 1-1/2 cups flour. Press in ungreased 13x9x2-inch pan. Bake 12 to 15 minutes or until golden brown.

Mix remaining ingredients. Spread over baked layer. Bake for 20 minutes. Cool. Cut into 3x1-inch bars. Makes 32 cookies.

Frosting: (optional)
Mix 1-1/2 cups powdered sugar, 2 T. margarine or butter, melted, 3 T. orange juice and 1 tsp. lemon juice. Mix and spread over cookies.

PEANUT BUTTER FUDGE

BY: Susan Carey, Centennial Bank
Shelton

2 lbs. powdered sugar
1/2 cup (1 cube) margarine
1 cup evaporated milk
7 oz. marshmallow cream
18 oz. peanut butter

Combine sugar, margarine and milk in pan on medium high heat. Stir constantly until it reaches 235°. Remove from heat.

Mix in marshmallow cream and peanut butter. When mixed well, put in buttered pan (or use non-stick spray). Let harden and then cut into pieces.

BUTTER OAT CRISPS

BY: Barb Theiss, Program Manager
Higher Education Coordinating Board

1 cup butter or margarine
1/2 cup sugar
1 cup unsifted flour
1-1/2 cup uncooked oatmeal (regular or quick)
1 tsp. vanilla

Cream together butter and sugar. Mix in flour, oatmeal and vanilla. Drop by teaspoon on greased cookie sheet (or can roll in a ball. Butter base of small glass with a flat base. Dip glass in sugar, press cookie flat and very thin with bottom of glass.

Bake at 375° for 8 to 10 minutes.

Cool slightly in pan before removing. Dust with powdered sugar.

Makes a flat, crispy cookie. Yum!

DOG BISCUITS

BY: "Max", K-9 Unit
Olympia Police Department

2-1/2 cups whole wheat flour
1/2 cup powdered dry milk
1/2 tsp. each salt and garlic powder
6 T. margarine, shortening or grease drippings
1 egg, beaten
1 T. brown sugar
1/2 cup ice water

Preheat oven to 350°. Combine flour, dry milk, salt and brown sugar. Cut in shortening until mixture resembles cornmeal. Mix in egg. Add enough water so that the mixture forms a ball. Pat out dough 1/2" thick with your fingers onto a lightly oiled cookie sheet. Cut into desired shapes with cookie cutter and remove scraps. Pat out scraps and proceed as before. Bake 25 to 30 minutes. Remove from oven and cool on cake rack.

Variations (to be added when you mix in the egg):

Add 1 cup pureed vegetables or carrots

Add 6 T. whole wheat flour or rye kernels, or add 3 T. liver powder (available at health food stores)

Add 2 to 3 T. dried soup greens

MICROWAVE CARAMEL CORN

BY: Charlotte Taylor, City Clerk
City of Lacey

4 qts. popped corn, placed in large paper bag
1 cup brown sugar
1 cube margarine
1/4 cup dark or light corn syrup
1/2 tsp. soda
1/2 tsp. salt

Put sugar, margarine, syrup, soda and salt in glass bowl. Microwave for 3 minutes. Stir. Pour into a store paper bag with the popcorn. Shake. Put bag in microwave for 1-1/2 minutes. Shake. Microwave for 1 minute more.

Spread out on a cookie sheet for 20 minutes to cool.

SOUR CREAM MUSHROOM SAUCE

BY: Suzanne Rowe, Circulation Assistant
Tumwater Library

2 lbs. fresh mushrooms, sliced
1 pint sour cream
1 stick butter, softened
1/4 cup each chopped parsley and minced dry onion
2 tsp. salt
1 T. prepared mustard

Mix all ingredients except mushrooms. In large casserole dish, layer mushrooms and sauce, about 3 layers each.

Bake uncovered for about 1 hour at 325°. Stir occasionally as mushrooms cook down and sauce thickens.

Great with roast beef.

CHOCOLATE COVERED GARLIC

BY: Bonnie Baker-Muench
1994 Thurston County Assessor

Eleanor Roosevelt had two pearls of garlic every morning to help keep her mind clear. It is from her that garlic lovers think the chocolate covered garlic originated.

Peel 2 cups of silver garlic and gently poach them in 1 cup of Grand Marnier about 3 minutes or until slightly transparent.

Place wax paper on a cookie sheet and spread the garlic pearls out so they do not touch. Freeze until solid.

Melt one package or 1-1/2 cups of the finest dipping chocolate - the imported brands are better for candy making if you can find them.

Working with the frozen pearls, dip one at a time and return to freezer until ready to serve at a party or barbecue.

Hint: To peel garlic quickly and easily, drop in a cup of boiling water for 30 seconds, or zap in the microwave for 15 seconds.

HORSERADISH MUSTARD

BY: Diane Schuder
Lacey Police Department

2 vegetable bouillon cubes
1-1/2 cups hot water

4 tsp. cornstarch
4 tsp. sugar
4 tsp. dry mustard
2 tsp. ground turmeric
1/2 cup white wine vinegar
4 tsp. prepared horseradish

2 egg yolks, slight beaten

Dissolve bouillon in hot water.

In saucepan, mix cornstarch, sugar, mustard and turmeric. Stir in vinegar and horseradish. Slowly blend in bouillon. Cook and stir over low heat until thick and bubbly. Pour some of mixture into egg yolks, blend and return to saucepan. Cook and stir 1 minute.

Pack in 1/2 cup containers or pretty glass gift containers. Refrigerate. Makes 1-1/2 cups.

BACKPACKERS SUPERBARS

BY: Gloria Grant, Chair
Crime Stoppers Board of Directors

2/3 cup butter or margarine
1/4 cup fructose (or 3/4 cup brown sugar)
1/2 cup quick cooking oats
1 cup whole wheat flour, unsifted
1/4 cup toasted wheat germ
2 tsp. grated orange rind
2 eggs
1 cup chopped nuts
1/4 cup raisins
1/4 cup flaked coconut
1/2 cup semi-sweet chocolate bits
1 can crushed pineapple with juice
1 bag chopped dried mixed fruit

In medium bowl of electric mixer, beat butter with sugar until soft and blended. At low speed, beat in oats, flour, wheat germ and orange rind. Pat into ungreased 8x8 square pan.

Mix eggs, nuts, raisins, coconut, chocolate, pineapple and fruit. Pour over base and spread evenly.

Bake in preheated 350° oven about 30 to 35 minutes. Cool. Cut into squares. Wrap in plastic wrap to keep moist. May be frozen.

NIPPY PARTY MIX

BY: Gloria Grant, Chair
Crime Stoppers Board of Directors

Makes 14 servings.
1 serving = 1/2 cup = 1/2 bread, 1/2 fat exchange.

1 cup Rice Chex
1 cup Wheat Chex
1 cup Corn Chex
1 cup pretzels, broken
1 cup corn chips
1 cup unsalted peanuts
5 T. margarine
2 tsp. worcestershire sauce
2 tsp. tobasco sauce
2 tsp. savory seasoning salt

Preheat oven to 225°. Combine first 6 ingredients in large baking pan. Melt margarine and seasonings in small saucepan. Slowly pour over dry mixture and mix thoroughly. Bake for 1-1/2 hours, stirring often. Cool before serving.

Store in airtight container. Keeps for long period.

APPLE PUFFED PANCAKE

BY: Kathy Briney, Jensen Byrd Co., Spokane

6 eggs
1-1/2 cups milk
1 cup all purpose flour
3 T. sugar
1 tsp. vanilla
1/2 tsp. salt
1/4 tsp. cinnamon

Preheat oven to 425°.

Mix ingredients together in blender or large bowl. If using mixer, batter will remain lumpy.

Melt 1/4 lb. butter or margarine in 12" quiche dish or 13x9 baking dish in oven.

Add 2 apples, peeled and thinly sliced. Return to oven until butter sizzles. Do not let brown.

Remove dish from oven and immediately pour batter over apples. Sprinkle with 2 to 3 T. brown sugar. Bake in middle of oven 20 minutes or until puffed and brown. Serve immediately. Makes 6 to 8 servings.

DUTCH BABY

BY: Gloria Grant, Chair
Crime Stoppers Board of Directors

Serve for breakfast.
4 eggs
1/3 cup butter
1 cup milk
1 cup flour

Heat oven to 425°. Place the four eggs in blender. Blend at a high speed for one minute. Add milk and flour to eggs and continue whirling for 30 seconds. While making mixture, put cast iron skillet in oven with the butter. When butter is melted, pour blended mixture in hot pan.

Toppings:
Sprinkle powdered sugar over and squeeze lemon juice over that, or warm honey or fruit syrup; or fresh fruit and whipped cream, or pie filling.

Pan Size	Butter	Eggs	Milk,flour
2-3 quart	1/4 cup	3	3/4 cup each
3-4 quart	1/3 cup	4	1 cup each
4-4 1/2 qt.	1/2 cup	5	1-1/4 cup ea.
4 1/2 - 5 qt.	1/2 cup	6	1-1/2 cup ea.

BARBECUE SAUCE

BY: Kris Allen
Masterworks Choral Ensemble

1/2 cup liquid smoke
1 T. real maple syrup
1 T. minced garlic
1 cup chopped yellow onion
2 heaping T. tomato paste
1/3 cup V-8 juice
1-1/2 tsp. tabasco sauce
Pinch ground hot pepper
1-1/2 cup packed brown sugar
2 T. molasses
3 cups catsup
1 15-oz. can tomato sauce

Mix all ingredients and bring to a boil. Reduce heat to low boil and cook 1 minute. Simmer slowly for 1 to 2 hours, stirring often.

Makes approx. 7 cups.

AUNTY BARB'S JARGON

BY: Barb Theiss, Program Manager
Higher Education Coordinating Board

500 compound, complex sentences, long
500 semi-colons, crisp
3,000 commas
100 acronyms
10 pages statistics
25 pie charts
1 ream #20 bond paper, white
2 gallons water

Mix generously, in any order. Let stand for 5 days, shaking vigorously once a day and allowing to settle. Skim off excess commas that float to the top. Let air dry in a closed room until most of the moisture has evaporated. Serve half-baked, garnished with a sprinkle of nuts.

Keeps best in a darkened room until archived.

PLAY DOUGH

BY: Marcia Duncan, Centennial Bank

2-1/2 cups flour
1 T. alum
2 T. baking oil

1/2 cup salt, dissolved in 2 cups boiling water. Add food coloring at this point. The food coloring pastes used in cake decorating give the bright intense colors that children love.

Pour salt water over the dry ingredients. Mix well, cool and play!!

CRANBERRY PORT WINE SAUCE

BY: Nancy Thompson
Office of the Attorney General

2 cups fresh cranberries
3/4 cup sugar
2/3 cup port wine (or 1/3 cup wine and 1/3 cup water)
1 T. cornstarch
2 T. cold water

Combine berries, sugar and wine in saucepan. Bring to boiling, cover and simmer 3 minutes. Blend cornstarch with cold water, stir in to cranberry mixture. Cook until thickened and clear. Cool.

If made ahead, chill and return to room temperature before serving.

NOTES & RECIPES

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THURSTON COUNTY AREA CRIME STOPPERS

wishes to thank

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